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Wrestling takedown

Wrestling Canada stunned at Olympic Committee's decision to put the sport on the chopping block PAGE 6

E-DATING 101

HOPING TO MEET YOUR MATCH ONLINE? IT'S NOT ROCKET SCIENCE, — IT'S DATING SCIENCE PAGES 14 & 15

CALGARY metro®

Wednesday, February 13, 2013

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CALGARY'S OLYMPIC MOMENT

The 1988 opening ceremony, shown above, launched Calgary into Winter Olympic and world fame, and brought the city together in a way unparalleled by any other event. Join Metro for 16 days of coverage in print and online as we look at the Games' lasting legacy and Calgary's future Olympic dreams. Day 1 story, page 4. COURTESY CITY OF CALGARY, CORPORATE RECORDS, ARCHIVE

AHS spending habits blasted

Health bureaucrats have been taking really expensive flights and Alberta Health Services must do a better job managing public money, the province's auditor general says PAGE 3

Did ex-cop go up in flames?

America's most-wanted man is believed to have been in a cabin when it engulfed in flames during a standoff PAGE 12

Gone bad, and that's good

Emmy Rossum ditches her nice-girl act to play a deadly femme fatale in the movie Beautiful Creatures PAGE 23

Bautista boasts of Jays' ability

"This is the best team I've been on in my career," the home-run king says, and he thinks they can go all the way PAGE 31

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Policing

Alderman wants more federal funds for ALERT

With questions lingering about future funding for a specialized Alberta policing program, a Calgary alderman is calling on the federal government to continue ponying up the dough.

Calgary police Chief Rick Hanson spoke out last week about his fears when a five-year funding commitment from the Tories comes to an end next year.

In Alberta alone, $42.4 million was provided and used to hire 83 officers, according to the province. Those resources were used to establish the Alberta Law Enforcement Response Teams (ALERT), which specialize in cracking down on organized-crime elements operating between municipal borders.

But a statement issued to Metro from Public Safety Canada on Friday confirms the funding was meant only "to provide one-time support," meaning another level of government would likely have to pick up the slack to keep the teams active.

While Calgary Ald. Diane Colley-Urquhart, who currently heads up the ALERT board of directors, said the initial federal funding was much appreciated, it's the federal government's responsibility to continue kicking in the cash.

"It's a real serious concern," Colley-Urquhart added. "The bottom line is this: One of the biggest threats to public safety in Canada today is organized crime."

Reached Tuesday, Alberta Solicitor General and Justice Minister Jonathan Denis refrained from sharing details on whether funding for ALERT would be included in the provincial budget, slated to be released March 7. JEREMY NOLAIS/METRO, WITH FILES FROM ROBSON FLETCHER

Provincial health officials are under fire after an auditor general's report that showed $100 million in expenses racked up over a period of 17 months. METRO FILE

AG urges better controls on AHS expense spending

Accountability.
Audit finds public money was spent on pricey flights, cab rides, speeding tickets, real-estate fees

Among other findings:

- The average cost for health workers to fly from Edmonton to Calgary was $457, yet some tickets cost up to $1,206.
- AHS wrongly paid out more than $4,000 for photo-radar tickets to emergency-vehicle drivers who were not heading to an assignment that would require them to speed.
- One health facility shuttled patients around in taxis, with some fares exceeding $300, based on back-of-the-napkin calculations that it would be cheaper.
- One employee relocating to a new home went over the normal seven per cent maximum on real-estate fees and charged taxpayers the entire $116,000.

Alberta's auditor general says taxpayers have been paying for health bureaucrats to take $1,200 short-hop flights, shelling out up to $300 at a time to shuttle patients around in taxis and covering one health employee's costs to buzz about in a private plane.

Merwan Saher said Alberta Health Services has to do a better job of monitoring expenses and educating staff about what should and should not be charged to the public purse.

"It (AHS) has work to do," Saher said after his report was released Tuesday.

Saher's audit, done over 17 months ending last August, found that $100 million was spent on travel, hosting, moving and other purchasing by AHS.

That's a drop in the bucket, he said, for an organization with 100,000 people — enough to fill both Edmonton's Commonwealth and Calgary's McMahon football stadiums.

But Saher added that better controls would "help reduce reputational risk to AHS and promote an overall proper control environment."

He said less than one per cent of spending involved senior staff; $60 million involved employees in the lower ranks.

Saher's audit was done at the request of Health Minister Fred Horne, who said he wanted to make sure the public is getting the most for its money.

"Albertans expect that the public service, including their public-health system, respects the hard work that is behind every public dollar. Our government expects that, too," said Horne in a news release.

Opposition Wildrose Leader Danielle Smith said Saher's report shows that the misspending reported before health regions amalgamated into AHS in 2009 persists today.

"I'm calling for the people who have identified time and time and time again that they are not able to keep a proper watch on taxpayer dollars to be removed from their positions," Smith said. THE CANADIAN PRESS

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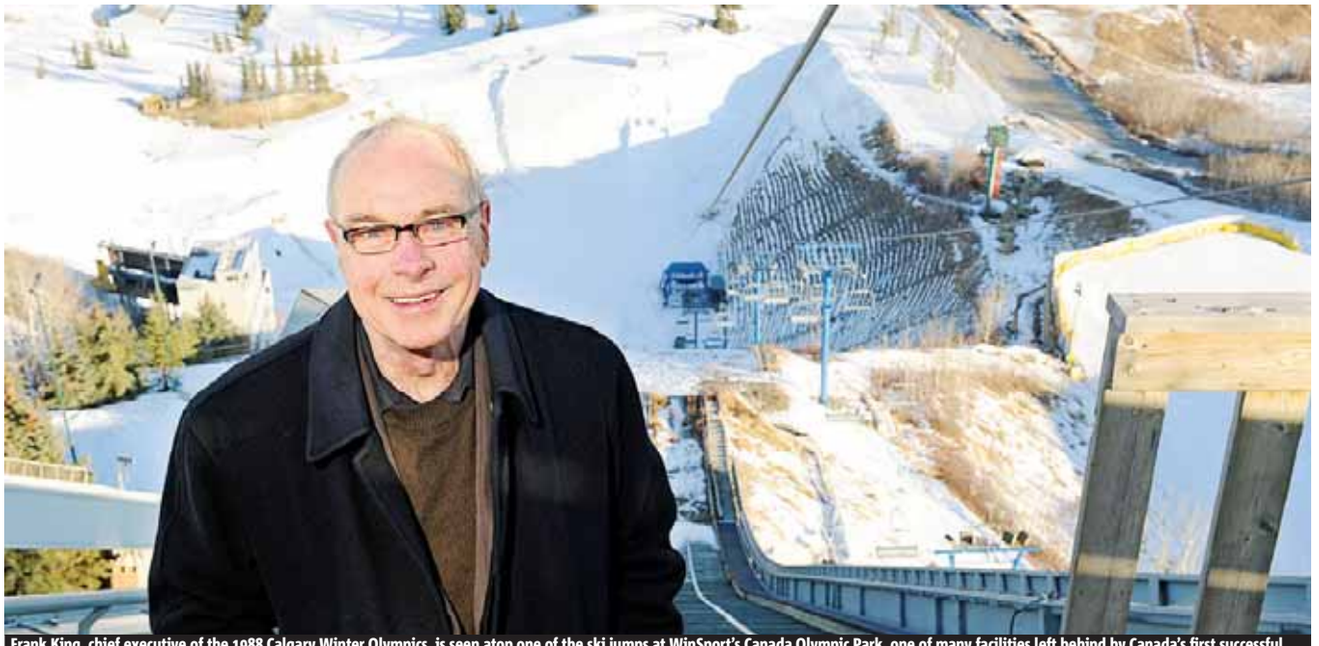

Frank King, chief executive of the 1988 Calgary Winter Olympics, is seen atop one of the ski jumps at WinSport's Canada Olympic Park, one of many facilities left behind by Canada's first successful foray into hosting the Winter Games. CANDICE WARD/METRO

Calgary Games built on a dream to last generations

Roadmap. Local businessmen made sweeping changes to Olympic movement

JEREMY NOLAIS
jeremy.nolais@metronews.ca

"The true legacy of the Games comes from the seeds we sow in the hearts of our children."

Frank King recalls the treasured slogan used in the pitch for the 1988 Winter Olympics with ease, summing up decades of work that culminated in an opening-ceremony celebration to remember on a cold February day in Calgary at McMahon Stadium.

King would serve as chief executive, overseeing a team of sports enthusiasts and trend-setting businessmen that was ambitious, stubborn and, if you asked some, even a little short on sanity.

Calgary unsuccessfully bid for the Olympics in 1964 and 1968, and nearby Banff fell short in a push for the 1972 event as well.

But with each loss came new knowledge. King and fellow volunteer Bob Niven joined forces to explore what it would take to realize a long-standing dream. Finally, after years of work, King had the answer.

"I remember saying, 'The advantage we have is we don't have any facilities,' and everybody's eyes go up and look around, thinking, 'Frank's lost it,'" he recalls with a laugh.

A roadmap for Calgary's sporting future was developed, keeping a keen eye on the role facilities and sports funding would play long after the Olympic torch had been extinguished.

"We were going to build one of the world's 'best of everything' for winter sports," King said. "It was almost 20 years of work and trying and losing before we found how to win."

But Calgary Ald. Dale Hodges, fresh off being elected to a second term on city council, remembers the effort didn't come without its share of controversy, especially given the financial burden left behind by Canada's previous Olympic endeavour in Montreal in 1976.

Finally, controversy or not, the world took notice.

Calgary's Games were awarded during a two-day event in 1981 in the small West Germany town of Baden-Baden, but the screams from King and his fellow teammates in attendance reverberated all the way back home.

"When they announced it, we jumped out of our chairs," King said.

"It was a day to remember."

A look back

Metro takes you on a 16-day journey of the magic, legacy and controversy of Calgary's Winter Olympics.

- **Today:** How the Games were won, and opening doors to the world.
- **Thursday.** Olympic volunteers recall some of their proudest memories from the 1988 Calgary Games.
- **Friday:** Did you know Calgary's iconic Winter Olympic mascots were built by an Edmonton company?

Torch bearer

Twelve-year-old still relives opening ceremonies

Billions watched and cheered her every move, but Robyn Perry kept her focus on the Olympic-sized task ahead.

A 12-year-old figure skater from St. Bonaventure junior high, Perry had been chosen to run the final leg of the Calgary Games' torch relay.

A look of determination on her face, the youngster took the flame from downhill skier Ken Read and speed skater Cathy Priestner, drew in a deep breath and took off toward the Olympic cauldron on a platform high above the ecstatic crowd gathered at McMahon Stadium.

"At that point, you just don't understand how amazing of an experience it is, the magnitude of it," said the torchbearer, now married and known as Robyn Ainsworth.

The image of Ainsworth was one of the Games' most memorable and instantly launched her into stardom. She met royalty from countries she couldn't even place on a map and became an ambassador for sport all over the world.

Nowadays, she is busy balancing running her own company and caring for a newborn. Ainsworth only laughs at the suggestion that maybe she is raising a future torchbearer.

Then again, the experience worked out pretty well for her.

"It's so hard to describe but it's something you never forget," she said.

JEREMY NOLAIS/ METRO CALGARY

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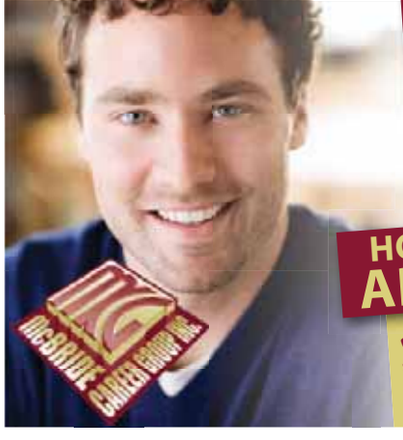

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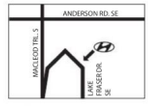

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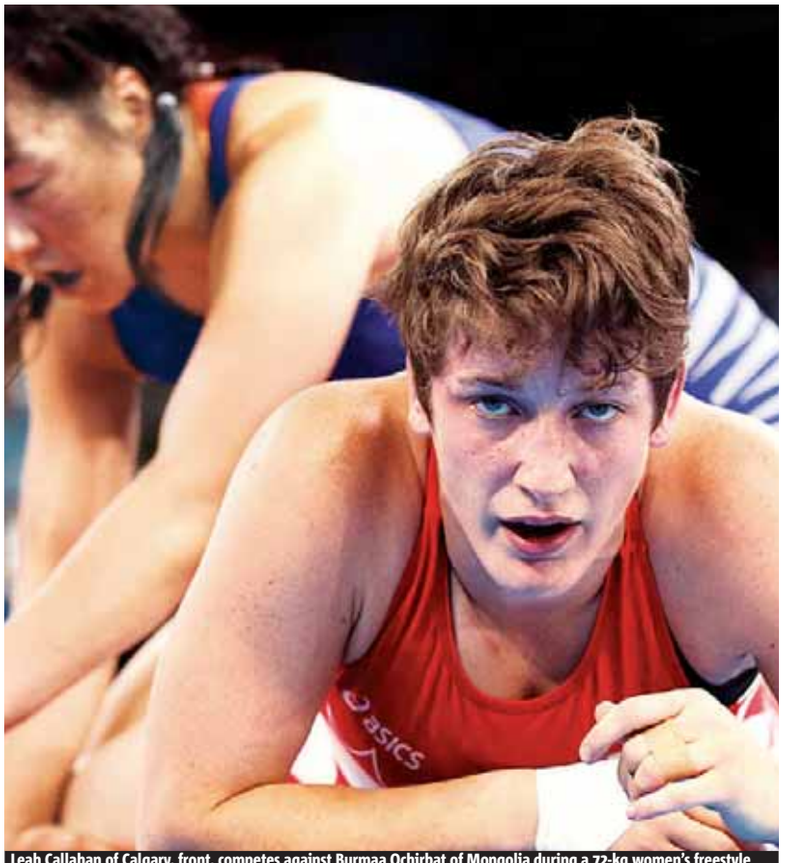

Leah Callahan of Calgary, front, competes against Burmaa Ochirbat of Mongolia during a 72-kg women's freestyle wrestling competition at the 2012 Summer Olympics in London. PAUL SANCYA/THE ASSOCIATED PRESS

No wrestling at 2020 Games would be 'huge blow' to sport

International Olympic Committee. With wrestling on the chopping block, local athletes, coaches, Olympians react to news

KATIE TURNER
katie.turner@metronews.ca

Shock waves reverberated throughout the wrestling community both locally and nationally following a surprise announcement from the International Olympic Committee that the sport is on the chopping block.

President of Wrestling Canada Don Ryan said he woke up to several emails and texts Tuesday morning regarding the recommendations from the IOC executive board to remove the sport from the 2020 Games.

"It came from a few of my athletes. I thought they were joking," said Ryan during a conference call with reporters.

"For us, it's like taking hockey out of the Olympics."

Head coach with the University of Calgary Dinos wrestling team Mitch Ostberg has been with the program for 22 years and coaches alongside Olympian Carol Huynh. He said the decision could be potentially devastating to several of the up-and-coming athletes he oversees.

"The generation today that we're working with at the university age, if you look at an athlete development model, may well be looking at the 2020 Olympics as their opportunity," he said. "If you're dealing with a generation of kids that get an opportunity removed, that would be very disappointing."

Mike Asselstine, a wrestler on the University of Alberta's squad, said for now he will focus on the 2016 Games, but he went into wrestling because of the Olympics.

"That is something for me that really pushed me from doing other sports and towards wrestling."

Quick facts

- The decision is not final and will go before the IOC this spring.
- Canada's Olympic wrestling team has won six medals in four Summer Games, including a gold medal in 2008 and bronze medal in 2012 for Calgarian Carol Huynh.
- Huynh could not be reached for comment, but tweeted "Can't believe IOC is cutting wrestling! Huge blow to our sport all over the world."

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Redevelopment. City to close McCall Lake Golf Course in 2014

McCall Lake Golf Course will close after the 2014 season, the city announced Tuesday, and the land will be re` purposed for commercial, industrial and recreational use.

"We're losing money on McCall Lake, and that's why this decision was made," Ald. Ray Jones said.

He added that keeping the northeast course viable would require a "significant capital expenditure."

The city plans to sell the southern portion of the 263-acre golf course for industrial and commercial use and, with the proceeds, create a "recreational hub" on roughly 90 acres at the north end.

The city is still considering exactly what kind of recreational facilities should be included in the campus.

"This is an opportunity doesn't come along all the time," said recreation director Kurt Hanson. "We want to be very mindful, thoughtful and consultative as we do that."

Jones said the move could also help offset costs at the other city-run golf courses.

Kipp Teghtmeyer grew up golfing at McCall and still plays there regularly.

He was sad to learn of its closure, saying it's a great place to learn at an affordable price and has the "best design" of the city-run courses.

"If I was going to close a city course and concentrate on the others, I'd concentrate on McCall," Teghtmeyer said.

A map showing the city's plan to repurpose McCall Lake Golf Course for recreational, industrial and commercial use. CITY OF CALGARY IMAGE

ROBSON FLETCHER/METRO

Kung Fu Panties. Innovative new show extends run

It appears Calgary likes the combination of martial arts and women's underwear.

Before it even opened in the city Feb. 6 at Loose Moose theatre, the show that "kicks ass and takes names later" had to extend its run to March 9 because of high ticket demand.

Kung Fu Panties originally debuted in Calgary back in 2011 and was brought back because of the success.

The show follows the international exploits of a vigilante group of women who pursue criminal masterminds.

"Kung Fu Panties is the most crazy fun that I've been a part of," said producer and creator Rebecca Northan, a Calgary-born artist. METRO

Price

$20

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Council. Aldermen reveal expense details, say no FOIP required

Several aldermen voluntarily published details of their expense claims Tuesday after the city received formal requests for the information.

Ald. Diane Colley-Urquhart tweeted a document outlining nearly $9,700 in expenses over 26 months, saying she has nothing to hide and there's no need for people to file a request under the a Freedom of Information and Protection of Privacy (FOIP) Act if they want the information.

Ald. Brian Pincott also emailed Metro with a similar document, outlining nearly $18,000 in expenses during the same period, from November 2010 through December 2012.

He, too, said he has nothing to hide but noted the document was only generated due to a FOIP request for his expenses.

Pincott said the city needs to come up with a streamlined way of posting that information online on a regular basis.

"I've been talking to administration about we can actually clean up the accounting and the tracking so that it can just be put up," he said.

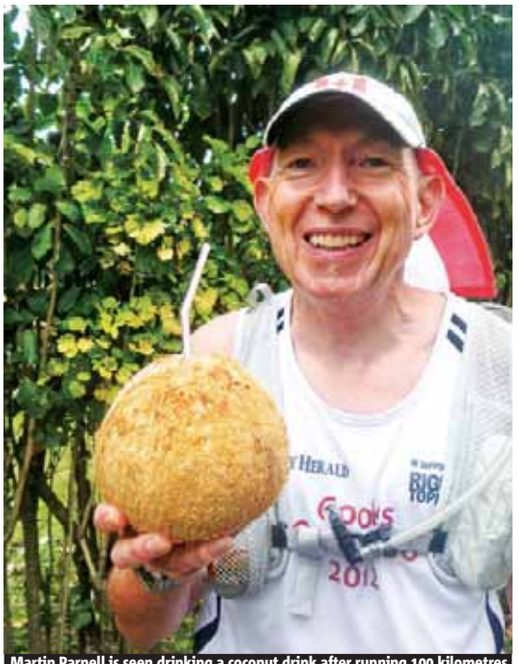
Derek Fildebrandt of the Canadian Taxpayers Federation has filed FOIP requests for the expenses of the majority of council and said the info should simply be posted online, with receipts, as the province has begun doing.

"It should not be that difficult nowadays," he said. "We're not operating in the era of fax machines and rolodexes." ROBSON FLETCHER/METRO

Expense details

- Ald. Diane Colley-Urquhart's claims included $1,000 for a Blackberry Playbook, $860 for an Apple iPad with accessories, and $1,070 for hosting guests at two Calgary Flames games.
- Ald. Brian Pincott's expenses also included about $3,460 in costs related to hosting guests at Calgary Flames games over a 26-month period.

Cochrane marathon man to scale Kilimanjaro



Martin Parnell is seen drinking a coconut drink after running 100 kilometres around the island of Raratongo in September 2012. CONTRIBUTED

Running for the cause. Parnell is taking part in several quests to raise money for Right To Play

KATIE TURNER
katie.turner@metronews.ca

The Cochrane man known for running 250 marathons in one year is once again pushing onwards and upwards in his latest challenge.

Martin Parnell is preparing to head to Tanzania where he plans to scale Mount Kilimanjaro in 24 hours — four days faster than most people climb the mountain.

Big ambition

"What I'm trying is to do the climb in 24 hours, and this is the huge challenge."
Martin Parnell, Cochrane man climbing Mount Kilimanjaro

"The Marathon Quest 250 was, obviously, a huge one and after that one this is No. 2 in terms of unknowns and things I can't control with the altitude," he said. "This has definitely got my blood moving for sure."

As part of his Quest for Kids initiative, Parnell has hosted and participated in several record-setting endeavours such as the longest netball game, longest indoor soccer game and longest lacrosse game.

He's attempting to complete 10 quests in five years in hopes of raising $1 million for Right To Play — a global organization that brings sport to thousands of children. To date, Parnell has raised $525,000, and hopes to raise $25,000 with his latest initiative, Kilimanjaro Quest 95.2.

The 95.2 represents the 53-kilometre hike up the mountain, and the 42.2-kilometre marathon he plans to run three days before.

Parnell will begin his climb on March 6. To donate to his campaign, visit marathonquest250.com.

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Join us on Wednesday, February 13 at 7:00 pm in Room E114 in the John Ware Building.
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FURTHER YOUR PASSION

SAIT POLYTECHNIC

From left: Johanne Aylett, Bill Weeks, Vi Fischer, Glenn Pennett and Pat Folwark show off their certificates on Tuesday. The longtime volunteers were honoured by the Calgary police. JEREMY NOLAIS/METRO

Police honour Olympic volunteers who stepped up to the force

Quarter-century.
Those involved in program admit it's not your typical day job

JEREMY NOLAIS
jeremy.nolais@metronews.ca

By the numbers

76

In all, 76 volunteers of the 1,000 who joined the Calgary Police Service for the 1988 Winter Olympics have stayed on with the force, assisting in numerous areas, including scenario training.

Bill Weeks remembers the athletes of the 1988 Winter Games, he remembers holding a shiny gold medal and he remembers ... the spaghetti.

"We did a lot of inspection on entry — it was like going through security at the airport," recalled Weeks, who worked mainly in the athletes' village as a volunteer with the Calgary Police Service. "Everything coming in had to be X-rayed. I got the fun job of X-raying I think it was 400 boxes of spaghetti. The Italian team wanted to bring its own spaghetti."

Over the weekend, police paid tribute to Weeks and dozens of other volunteers who joined the force to help out at Calgary's Olympics and then continued to lend a hand for the next quarter-century. On Tuesday, five of these steadfast volunteers were introduced to the media.

After the Games, Weeks said the excitement didn't stop with his police work, and he often signed on to play a victim or witness in officer scenario training.

"You get to see a side of law enforcement that people don't realize," he said.

Acting Deputy Chief Richard Hinse commended the volunteers for helping ensure the Games went off with few hitches.

"Really, we couldn't have put it on without them," he said. "Every place that you saw a police officer, there was also a volunteer there.... They even helped with some of the work that was being done looking for bombs."

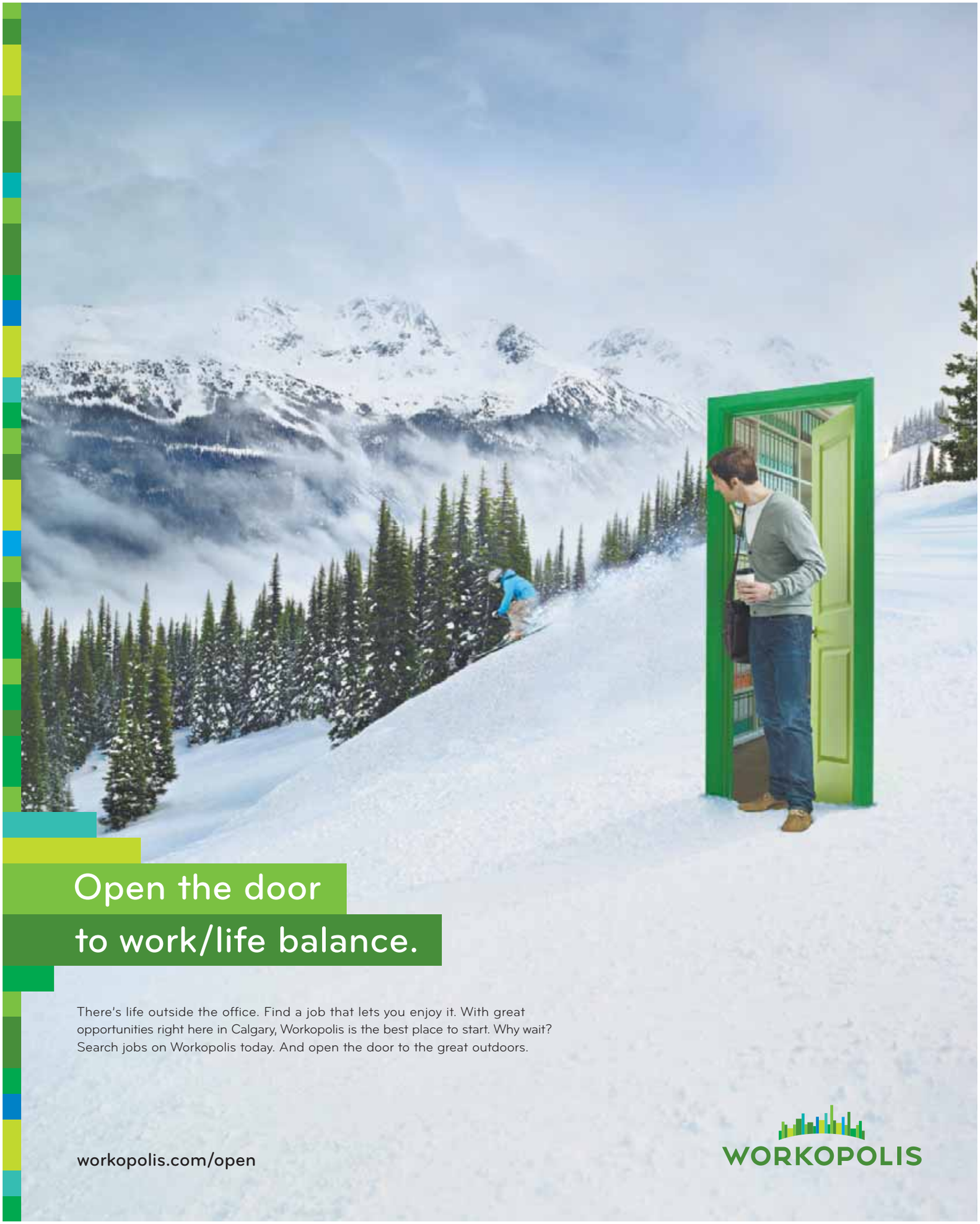
Each 25-year volunteer has been presented with a certificate, but it's the lasting memories that make the experience worthwhile for people like Pat Folwark. She worked primarily at the Saddledome and Corral during the 1988 Games, and taking in the hockey tournament and figure-skating competitions for free was one of big perks.

"There were so many exciting times," she said. "There was a great international flavour and it was about meeting all of these interesting people.... (The city) was just bouncing."

Full day of Olympics events planned for Wednesday

Big turnouts are expected at various venues on Wednesday as Calgarians hope to relive a bit of the magic of the 1988 Winter Olympics. The local Games officially kicked off on Feb. 13, 1988.

- **11:30 a.m.** Mayor Naheed Nenshi and others will be on hand for a torch relay and lighting of the cauldron at the University of Calgary's Olympic Oval. That will be followed by a cake-cutting ceremony at about noon and a free public skate at the oval running until 1 p.m.
- **5 p.m.** If you missed the first one, a torch relay and cauldron lighting will also take place at WinSport's Canada Olympic Park.
- **6:30 to 10 p.m.** Fun returns to the Olympic Oval in the evening as the venue hosts a retro skate event, where participants are encouraged to take to the ice in their finest gear from the '88 Games.
- **7:30 p.m.** Olympic mascots Hidy and Howdy will make an appearance at the Scotiabank Saddledome as the Calgary Flames do battle with the Dallas Stars. A video recapping highlights from the '88 Winter Olympics will also run intermittently between whistles during the game.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WORKOPOLIS

Patrick Brazeau. Senator shows up for work in time to be put on forced leave

Senators have voted to force Sen. Patrick Brazeau, who is facing criminal charges, to take a leave of absence.

The Conservative motion passed Tuesday "to protect the dignity and reputation of the Senate and the public trust and confidence in Parliament."

Brazeau, 38, made a surprise appearance just prior to the vote, which also gave a Senate committee the power to cut off access to his expense account.

Brazeau, who is currently free on bail, has been charged with assault and sexual assault.

If convicted, he could either be suspended or expelled by the Senate or he could choose to resign.

Brazeau was charged on the very day a Senate committee declared it would call in auditors to review his housing expenses. THE CANADIAN PRESS

Anti-Senate

32%

A Canadian Press/Harris Decima poll says 32 per cent of respondents feel the Senate should be abolished.

Sen. Patrick Brazeau leaves a vote in which he was forced to take a leave of absence by the Senate chamber. ADRIAN WYLD/THE CANADIAN PRESS

Wanted ex-cop believed to have died in burning cabin

California. Deputy killed in latest shootout with man thought to be Christopher Dorner

The extraordinary manhunt for the former Los Angeles police officer suspected of three murders converged Tuesday on a mountain cabin where authorities believe he barricaded himself inside, engaged in a shootout that killed a deputy and then never emerged as the home went up in flames.

A single gunshot was heard from within. There were conflicting reports on whether a charred body was found inside, with CNN reporting that Los Angeles police denied a body was found, saying the cabin was too hot to enter.

Wasn't yet identified

"We have reason to believe that it is him."

Bernardino County Sheriff's spokeswoman Cynthia Bachman on the man inside the blazing cabin.

The cabin in Big Bear, Calif., where ex-Los Angeles police officer Christopher Dorner was believed to have barricaded himself, burns unopposed on Tuesday. KABC-TV/THE ASSOCIATED PRESS

TV helicopters showed the fire burning freely with no apparent effort to extinguish it. Smoke rose into the sky above the snow-covered woods near Big Bear Lake, a resort town about 128 kilometres east of Los Angeles.

If the man inside proves to be Christopher Dorner, the search for the most wanted man in America will have ended the way he expected — death, with police in pursuit.

Thousands had been on the hunt for the former navy reservist since police said he launched a campaign to exact revenge against the Los Angeles police for his firing.

After the man holed up in the cabin, there was a second gun battle with San Bernardino County deputies. One deputy was killed and another injured. TORSTAR NEWS SERVICE/WITH FILES FROM THE ASSOCIATED PRESS

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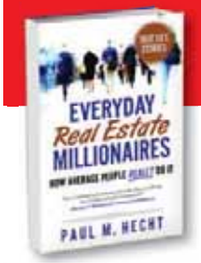

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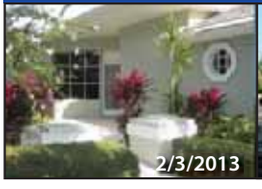

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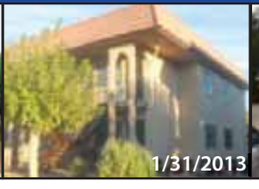

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KEYS TO E-DATING SUCCESS: HOW TO SHINE ONLINE

If you do decide to find romance on the net, keep these tips in mind to create a winning dating-site profile

Relationship. Establish the type of relationship you are looking for. Are you looking for a fling, casual dating or a potential long-term relationship? After you establish a clear goal, it will be easier to find an online dating service that suits your needs.

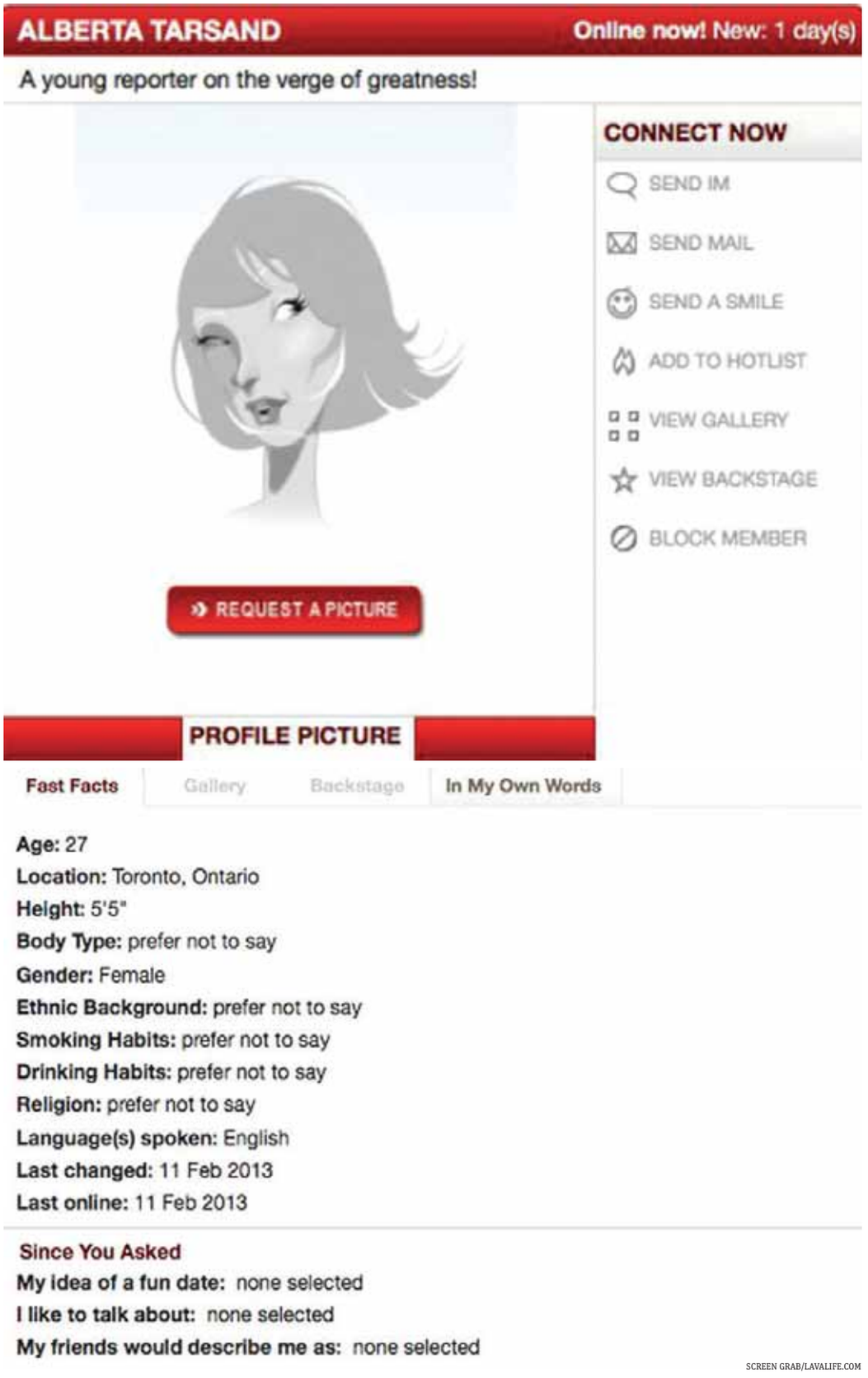
Profile name. Depending on the type of online-dating website you sign up for, your username should indicate you are serious about meeting people. Avoid names with numbers or "xx." Just your first name should suffice if you are wary about using your full name.

Profile photo. Pick a recent photo that shows your true self (not super drunk, not dressed for the clubs and no bikini shots). The most important part is to look confident and happy without trying too hard, and you will attract positive suitors.

Personal facts. Be honest in your profile, especially when it comes to age, body type, whether you smoke or drink and whether you have kids. You wouldn't want the people you meet online to lie about who they are, right?

About me. Your description should be brief, but make it stand out. Try not to sound too clichéd but do take this part of the profile to talk about who you are and why you're trying online dating. Are you too busy with work to go out to the clubs every weekend but are looking to meet someone worth your time?

Interests. Describe your idea of a perfect first date, as this will give an indication of what you like to do for fun. Describe something that sounds engaging and interactive, such as hanging out in a board-game café or playing a round of miniature golf.



LAURA BLOESER/METRO EDMONTON

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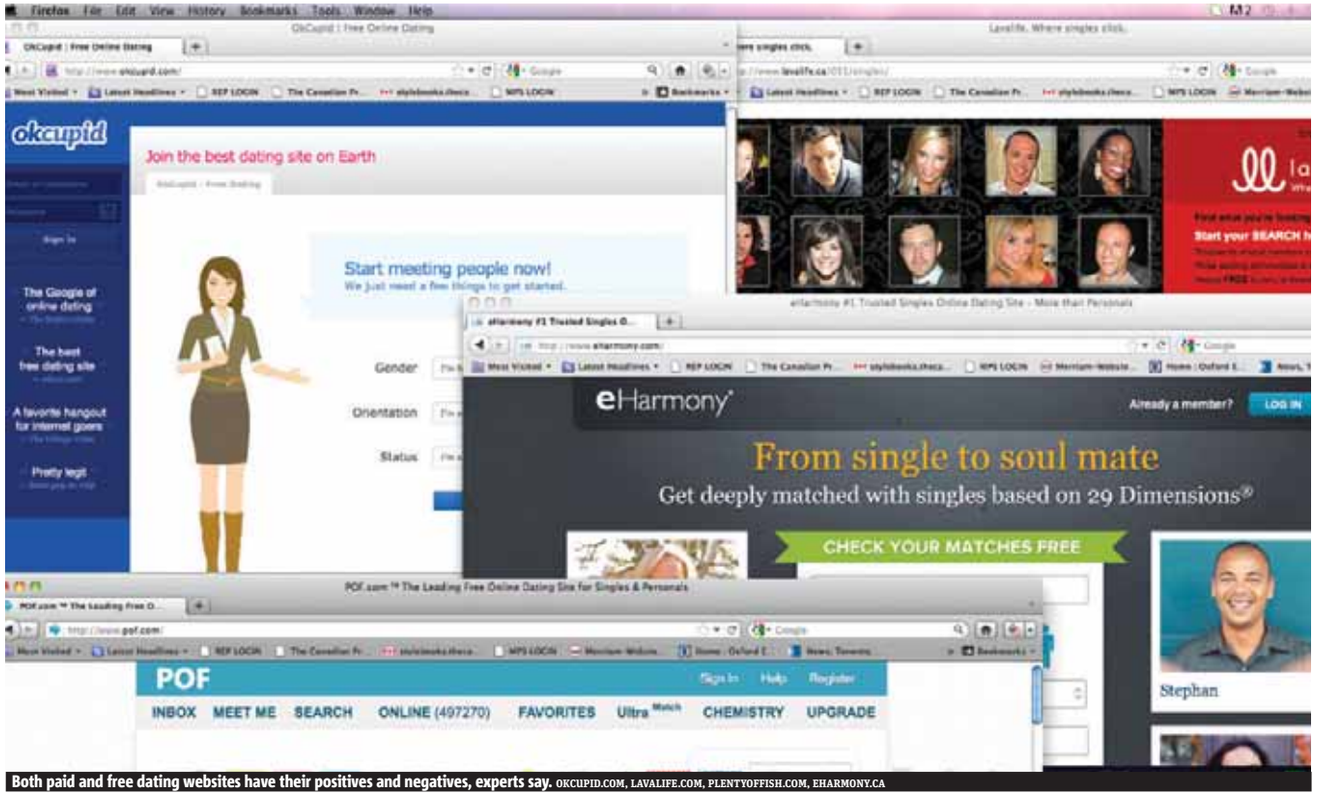
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Stephan

Both paid and free dating websites have their positives and negatives, experts say. OKCUPID.COM, LAVALIFE.COM, PLENTYOFFISH.COM, EHARMONY.CA

Should you pay to play the dating game?

Where to go. Paid and free sites tend to attract different types of clients with different sets of priorities, experts say

RYAN TUMILTY
Metro in Edmonton

When preparing to jump into the online-dating universe, is it better to jump in with just your heart or with your wallet as well?

As dating sites have cropped up, some have opened their doors to members free of charge, while others have monthly subscriptions for those looking for love.

Kimberly Moffit, Match.com's relationship insider, argues that paid sites are there for more committed individuals who are interested

in serious relationships.

"It just distinguishes the people who are willing to put the investment in and those who aren't," said Moffit. "They are ready to make an investment in their love life."

Moffit argues that any online dating is a good thing, but people on paid sites are more likely to be taking their search seriously.

"They are more likely looking for some of the same things you are," she said.

Christine Hart, a Toronto-based dating coach, said both types of sites have advantages, but free sites tend to attract a different type of prospective dater.

"If they are going to go on the free sites, then they need to be prepared to put in a lot more time sifting through, because the free sites attract people with all levels of goals," she said.

Part of the benefit of paid dating sites is that they attract fewer people, she added.

"You can spend twice as much time sifting through profiles on the free dating sites," she said.

Julie Spira, author of the book The Perils of Cyber-Dating, said she and her clients see benefits to both types of sites.

"It is very common for someone to pick a paid site, and then they will also pick a free site."

She said free sites attract huge numbers of people, which can be appealing simply for the sheer quantity of prospective partners.

"Because they are free ... they have huge critical mass," she said.

Spira said clients who pay for a dating site tend to pay more attention to the service.

"I find that a lot of them log into their paid sites more often because they are invested," she said.

Quoted

"(Paying for a site) just distinguishes the people who are willing to put the investment in and those who aren't." Kimberly Moffit, Match.com's relationship insider

Exclusively online

For all our stories on online dating, including infographics, video and more, go to metronews.ca

Part 3 of 3

MONDAY
Is traditional dating dead?

YESTERDAY
The rise of the e-dating jungle

TODAY
E-dating success: How to shine online

Stay safe. Don't let your heart get you in trouble online: Cops

While the online-dating world is full of opportunities, it can also be full of perils.

Police have noticed that the excitement that comes with online romance can attract the wrong type of people — those who may cause physical or financial harm.

Acting Sgt. Kathy Macdonald with the Calgary Police Service said new relationships sometimes prevent people from seeing the bigger picture.

"When people get wrapped up in a relationship, they can't see what's going on," she said.

Macdonald said fraud artists using dating sites can go after many potential victims in just one day.

"They will often get a hold of a lot of people at the same time," she said.

According to Macdonald, scam artists often approach someone and strike up a conversation before claiming to have run into sudden and unexplained financial difficulties.

She said if they receive money from their victims, new problems will emerge, and there will be more requests for help.

Macdonald said there could also be physical dangers and she cautions people to take things slowly in the early days of a new relationship.

"Listen to your intuition and be aware of your surroundings," she advised.

Macdonald said making the first date a group meeting is a good idea, but it's essential that it be in a public place and that you tell people where you're going.

"Really, you don't know that person; you don't know who is going to show up."

RYAN TUMILTY/METRO IN EDMONTON

E-Bytes: Five free iPhone apps for tech-savvy couples

- **Couple App.** Couple is like Facebook, but it can only be shared by two people. You can send messages, chat via Facetime, share photos and video, create moments via doodles and track important dates and tasks. There's also a "Thinking of you" button when that's all you want to say.

- **Avocado App.** Like Couple, Avocado is shared with only one special person. You can send private messages, track milestones together and share them on Twitter as a pair and even send virtual hugs and kisses so you're never too far away from your sweetheart.

- **Tokii App.** Tokii helps you get in touch with your partner's feelings. You can send each other notes starting with "I feel" or "You're making me feel." The app aims to keep couples engaged and aware of one another's moods by providing interactive games and relationship advice, which can take your relationship to the next level.

- **Wunderlist 2.** Although not exclusively for couples, nothing is more annoying than your partner forgetting to pick up the dry-cleaning or something at the grocery store. Wunderlist 2 helps couples plan, share and keep track of tasks and even plan vacations together. It's able to sync the lists across all the devices you are using.

- **Between App.** Between is a private-messaging space that lets you and your partner create a chronological timeline tracking the special moments in your relationship. You can bookmark your favourite memories, such as photos and messages, and store them in a Memory Box, as well as find date-night deals via the Event Box.

State of the Union.
U.S. economy at the top of Obama's agenda

U.S. President Barack Obama implored lawmakers and the American public alike to get behind his vision for the nation's future on Tuesday in his fourth State of the Union address, emphasizing the progress his administration has made on the economy but urging the country to stay the course.

"Together, we have cleared away the rubble of crisis, and can say with renewed confidence that the state of our union is stronger," he told a joint session of Congress replete with the pomp and circumstance that is characteristic of the annual State of the Union. But he acknowledged that millions of Americans still cannot find work, adding that wages and incomes have "barely budged" despite soaring corporate profits.

"It is our generation's task, then, to reignite the true engine of America's economic growth - a rising, thriving middle class."

Obama's speech focused primarily on the economy and his ongoing efforts to ensure the country's economic recovery isn't a fleeting one. But he also announced he's withdrawing more than half of the remaining American troops in Afghanistan over the next year.

THE CANADIAN PRESS

President Barack Obama gestures toward Vice-President Joe Biden and House Speaker John Boehner before his speech. CHARLES DHARAPAK/THE ASSOCIATED PRESS

Obama: 'Nuclear tests do not make North Korea more secure'

A South Korean protester shouts slogans in Seoul on Tuesday during an anti-North Korea rally following the report of a nuclear test conducted by the repressive regime. LEE JIN-MAN/THE ASSOCIATED PRESS

Retaliatory strike unlikely. International community decries regime's continued pursuit of weapon capable of reaching U.S. shores

Defying UN warnings, North Korea conducted its third nuclear test in the remote, snowy northeast on Tuesday, taking a crucial step toward its goal of building a bomb small enough to be fitted on a missile capable of striking the United States.

North Korea said the atomic test was merely its "first response" to what it called U.S. threats, and said it will continue with unspecified "second and third measures of greater intensity" if Washington maintains its hostility.

The underground test, which set off powerful seismic waves, drew immediate condemnation from Washington, the UN and others. Even its only major ally, China, summoned the North's ambassador for a dressing-down.

President Barack Obama, who gave a State of the Union address later Tuesday, said nuclear tests "do not make North Korea more secure." Instead, North Korea has "increasingly isolated and impoverished its people through its ill-advised pursuit of weapons of mass destruction," he said in a statement.

But the Obama administration's options for a response are limited, and a U.S. military strike is highly unlikely.

In an emergency session, the UN Security Council unanimously said the test poses "a clear threat to international peace and security" and pledged further action.

THE ASSOCIATED PRESS

Quoted

"(North Korea has) increasingly isolated and impoverished its people through its ill-advised pursuit of weapons of mass destruction."

Barack Obama

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When Benedict's gone, he'll really be gone: Vatican

New pope by Easter.
Plan for monastery retirement suggests post-papacy life will be 'very quiet,' says spokesman

The Vatican went out of its way Tuesday to declare that for Pope Benedict XVI, retirement means just that: Retirement.

With speculation swirling around his future role, the Vatican's chief spokesman explicitly stated that Benedict will not influence the election of his successor. And he deepened the sense of finality by saying that Benedict's papal ring and other powerful emblems of authority will be destroyed after his Feb. 28 abdication — just as they are after a papal death.

A statuette of Pope Benedict XVI. The sign's inscription means "goodbye." THE ASSOCIATED PRESS

So, while the first papal resignation in 600 years has left behind a vast uncharted territory to navigate — how does one address or even dress a retired pope? — the church has tried to send a clear message that Benedict will not be pulling strings from behind the scenes.

His brother, Monsignor Georg Ratzinger, says the pope will be withdrawing even further from religious life — probably even giving up his beloved theological writing.

"The pope will surely say absolutely nothing about the process of the election," spokesman Fr. Federico Lombardi said. The Vatican has already picked out the pope's home: a four-storey building attached to a monastery on the north edge of the Vatican gardens.

Spokesman Greg Burke said the fact that he has chosen to live in a monastery "suggests that his role is going to be ... very quiet."

THE ASSOCIATED PRESS

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Multinationals not paying fair share: OECD

Fat cat tax. Global forum report claims lenient taxes create competitive disadvantage

The Organization for Economic Co-operation and Development (OECD) says large multinationals are using legal loopholes to avoid paying their fair share of taxes and that global solutions are needed to combat the problem.

The OECD report says many rules designed to protect multinational corporations from being double-taxed go too far and sometimes allow them to pay no taxes at all.

It says such rules do not properly reflect today's economic integration across borders, the value of intellectual property or new communications technologies.

The G20 countries commissioned the OECD study, which was released Tuesday ahead of a weekend meeting of finance ministers and central bankers from 20 of the world's leading economies.

The OECD says the gaps that enable multinationals to eliminate or reduce their taxation give them an unfair competitive advantage over smaller businesses.

That hurts investment, growth and employment and can leave average citizens footing a larger chunk of the tax bill, the OECD says.

"These strategies, though technically legal, erode the tax base of many countries and threaten the stability of the international tax system," OECD Secretary General Angel Gurria said Tuesday.

"As governments and their citizens are struggling to make ends meet, it is critical that all taxpayers ... trust the international tax system is transparent." THE CANADIAN PRESS

Market Minute

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TSX 12,789.02 (+ 40.87)

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Can't go? Pass it on

Ticketmaster will now allow fans to transfer tickets to friends or family digitally at no extra charge. Ticket buyers must sign into their accounts at Ticketmaster.com and email the tickets to recipients, the company said Tuesday. The technology will be incorporated into its mobile app this spring ahead of the summer concert season.

PAUL SAKUMA/THE ASSOCIATED PRESS FILE

Cellphone charges

Rogers, Telus urge watchdog to scrap wireless cap

Two of the country's largest telecom companies have some advice for Canada's telecommunications regulator as it considers imposing new rules for cellphone contracts: Scrap the $50 cap.

A $50 spending limit on extra wireless data charges is one of several ideas on the table as the Canadian Radio-television and Telecommunication Commission holds hearings on a proposed new wireless code.

But executives from Rogers Communications and Telus say a spending cap would be a bad idea.

"That's very disruptive to customers," Rogers' regulatory chief Ken Engelhart said Tuesday. "It's very disruptive to be cut off."

Much of the testimony has focused on the length of contracts, locked devices and roaming and cancellation fees. THE CANADIAN PRESS

Economic forecast

Regional salary divide deepening

A new economic forecast says salaries in Saskatchewan and Alberta are going up faster than expected while Quebec, Ontario and British Columbia are lagging. The Conference Board of Canada says Canadian non-union salaries are projected to rise three per cent nationally, but notes more pronounced regional differences. THE ASSOCIATED PRESS

Chinese firm

Nexen takeover approved

A U.S. agency has given the final approval required for the acquisition of Calgary-based Nexen by CNOOC, one of China's largest energy companies.

The $15.1-billion US friendly takeover had broad implications due to Nexen's extensive holdings in Alberta's oilsands, Gulf of Mexico and the North Sea. THE CANADIAN PRESS

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- ensuring federal and provincial legislation, company policies and collective agreements are adhered to;
- liaising with external parties such as auditors, senior level government contacts, City of Calgary contacts;
- coordinating benefits and pension coverage between employees and benefit providers;
- processing WCB claims and liaising with stakeholders on outstanding issues;
- monitoring budget for respective work areas and ensuring adequate service delivery;
- providing analysis and analytical review relating to payroll information such as the monitoring and reporting of vacation pay liability, salary and wage variances, benefits variances, reconciliation of pay information to the General Ledger, pension analysis;
- identifying and implementing process improvement initiatives that serve to enhance customer service delivery;
- preparing yearend information for the T4 process (including calculation and verification of taxable benefits), annual pension report, yearend information to auditors as required and directed;
- recommending changes to payroll policies, internal controls and procedures in consultation with the Controller;
- as required, human resources backup and assisting with staff events

QUALIFICATIONS

- minimum of a recognized Canadian Payroll Manager (CPM) designation, supplemented by some post secondary education in Human Resources
- minimum of four years of payroll related experience and pension administration
- experience with LAPP and PeopleSoft or related payroll administration system would be an asset
- some accounting background would be beneficial
- excellent verbal and written communication and organization skills

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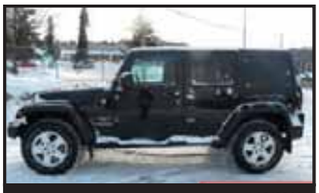

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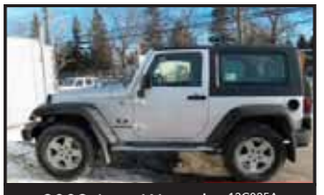

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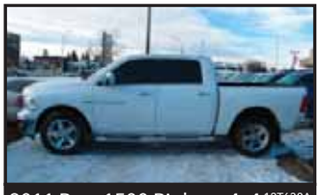

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WILL BENEDICT GET TO KEEP HIS POPEMOBILE?

JUST SAYIN'
Paul Sullivan
metronews.ca

The Pope can't retire, can he?

I was under the impression that he had to stick it out to the bitter end, like poor old John Paul II, who endured two assassination attempts, Parkinson's, a number of cancer scares and a tracheotomy, finally expiring close to his 85th birthday after 25 years on the Papal Throne.

But Benedict the XVI isn't waiting for heaven to call, announcing — in Latin, no less (which adds the kind of gravity only a dead language can deliver) — that he's gone at the end of the month.

Seeing as a pope hasn't resigned since 1415, no one is quite sure what to think or do. I mean, who wants to be the pope when there already is one, albeit retired, looking over your shoulder? It's hard enough being infallible; try it when there's a former incumbent with 20-20 hindsight (even more infallible) kicking around.

Big shoes to fill

Seeing as a pope hasn't resigned since 1415, no one is quite sure what to think or do. I mean, who wants to be the pope when there already is one, albeit retired, looking over your shoulder?

Along with how can you go from being infallible to inactive, Benedict's announcement prompts numerous questions.

For instance, will they set up a retirement wing at Castel Gandolfo, the Pope's summer retreat, complete with a putting green where the retired pontiff can play a little golfo?

Does he have to give back the Shoes of the Fisherman? Or does the new pope get to shop for new shoes?

How about the Keys to the Kingdom? Does he have to hand them in to the Swiss Guards at the end of his shift on Feb. 28?

Ex-presidents get to keep their secret security details; does a retired prelate get to keep the Popemobile so he can tool around Rome in relative comfort and security?

What do we call a former pope? Your Former Holiness? Is he still holy, or is there only enough holiness for one pope at a time?

Benedict is more than a little conservative — and more than a little cranky. So the College of Cardinals is going to have to take that into account when anointing the next pope. How can they pick a big (literally) liberal like John XXIII when Benedict is still around, quick to observe that they'd never get away with that when HE was Il Papa?

Still, Benedict's timing is almost infallible. The papacy is in real need of a refresh. Along with the usual threats from sex, drugs and rock 'n' roll, Roman Catholicism has been rocked by a series of unholy scandals, some of them involving the Vatican (the, er, butler did it). A new, progressive pope could go a long way in recapturing the spiritual high ground.

Let's hope that, whoever he is, he's ready to shop for a new pair of shoes.

The Vatican said Tuesday the papal ring will be destroyed, along with other powerful emblems of authority, just as they are after a pope's death. A spokesman said that Benedict will not influence the election of his successor. FRANCO ORIGLIA/GETTY IMAGES

Unlikely bedfellows bunk up

LENNY IGNELZI/THE ASSOCIATED PRESS

Venkman's prophecy

Dogs and cats! Living together!

It may sound like a doomed love story, but some dogs love big cats.

Cheetahs are the fastest mammals in the world, but they also are the world's biggest scaredy-cats — so much so that they don't breed easily and are in danger of extinction.

Some zoos are introducing "companion dogs" to serve as playmates and to provide the cats with an example.

THE ASSOCIATED PRESS

Dinner time

"In this relationship, the dog is dominant, but we look for dogs that want to be a buddy.... Dogs worry about their cats. They protect their cats."

Janet Rose-Hinostroza, animal training supervisor at the San Diego Zoo Safari Park

Rose-Hinostroza said that because the dogs are the dominant animal in the relationship, mealtimes are always spent apart. The dogs eat kibble, and the cheetahs eat steak. "If they ate together there would be one really fat dog and a really skinny cheetah," she said.

Endangered species

Population drops over 100 years

A century ago there were 100,000 cheetahs in the wild, said Jack Grisham, vice-president of animal collections at the St. Louis Zoo. Today there are fewer than 12,000. The species has become extinct in at least 13 countries. There are about 280 captive cheetahs in zoos across the U.S.

As efforts to save the species continue, Grisham worries there is no wild to send them home to because habitat is being swallowed up by developers. THE ASSOCIATED PRESS

Quick like a cheetah

3.4

A cheetah's claws don't retract, so they have footing that takes them from zero to 96 kilometres per hour in 3.4 seconds.
Cheetahs use their tails like a rotor to balance while they are running. Their top speed is 100 kilometres an hour based on size, but they can run that fast only for 20 or 30 seconds. Extending that to a minute or more can be lethal.

Metropolitan Panel

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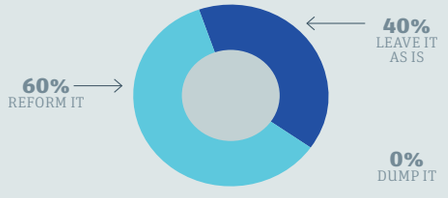
What should Canada do with the Senate?



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@GKreuger:
Free #Starbucks to the next guy not wearing skinny jeans rolled up at the bottom and elf shoes #yyc #pullyourpantsup #hobbit

@ChristieHull:
The snow is melting in my backyard and green grass is coming through... In February... Lets just take a minute to think about this... #yyc

@Tony_Downey:
There's a Delaunay mesh face in front of the Encana Banana. #yyc is getting to be a fun place to tweet about.

@StephJohnson177:
I really want to wash my car, but I know if I do it will be -30 and snowing tomorrow. #yyc

@kimfergusson:
+7 in #yyc. Flip flops are coming out. #onlyincanada

@naykrop:
I kinda wanna go watch football at The Ship #yyc instead of write my paper on a dead economist. #decisionsdecisions

metro

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Beautiful franchise?

Finding the next cash cow

IN FOCUS
Richard Crouse
scene@metronews.ca

Film studio executives are always on the lookout for properties that can be spun into profitable movie franchises.

And for good reason.

Following an interesting set of characters over the course of multiple movies can be a cash cow. The James Bond movies have earned more than $6 billion, while Harry, Ron and Hermione have raked in almost $8 billion since their series debut in 2001.

This weekend producers are hoping to kick off the Beautiful Creatures franchise. The supernatural romance has Twilight-ish overtones, a cast that mixes new stars like Emmy Rossum with established faces like Viola Davis and Emma Thompson.

But not all movies catch on with audiences in the way that the super spy and wizard have.

I Am Number Four, starring Alex Pettyfer and Glee's Dianna Agron, fizzled. Rotten Tomatoes said, "familiar plot and unconvincing performances add up to one noisy, derivative and ultimately forgettable sci-fi thriller." Not really the stuff of ongoing franchises.

With sales of more than 60 million copies, the book series Lemony Snicket's A Series of Unfortunate Events seemed to have natural franchise possibilities. With 13 books in the collection there's source material galore, but even though the Jim Carrey movie did well no sequels emerged.

Emmy Rossum stars in Beautiful Creatures. CONTRIBUTED

Good girl gone bad

Emmy Rossum.
Actress ditches 'nice girl' roles to play deadly siren in Beautiful Creatures

NED EHRBAR
Metro World News in Hollywood

Actress and singer Emmy Rossum is tired of playing the good girl, which is why she jumped at the chance to take on the role of deadly siren Ridley in the screen adaptation of the best-selling young adult novel Beautiful Creatures. Being bad, she insists, is just more fun.

The film's leads, Alden Ehrenriech and Alice Englert, said they initially passed on the film and had to be convinced to do it. How about you?

No, I was totally selfishly wanting to be in the movie because this is such a fun character. I read (the script) and then I read the first book and auditioned, got the part and was overjoyed. I love the character, she's so ballsy and fun and a different kind of villain than we're used to seeing.

With this and Shameless, you're playing some really interesting, juicy characters, different from the types of roles you started with.
Nice girl roles, mhmm. Playing the nice girl in Day After Tomorrow, Poseidon, Phantom of the Opera, those kinds of characters were coming more easily to me in terms of just getting the parts. I think that these characters for me were just more thrilling because I like to try to find the humanity and emotional understanding of characters that don't always do the right thing. I think that grey area is more fun to explore, it's more close to real life. What I like to do in characters is play against what you think that stereotype of that person would be.

You think about this girl (in Beautiful Creatures) who's a villain, who's happy to watch men get run over by trains walking toward her, you think of somebody who's quite malicious. But if you play it with a sense of fun and happiness, all of a sudden it becomes, "Oh, that's an interesting choice."

Congratulations on the season four renewal for Shameless.
Thank you. I'm excited to see where the character could go. The rest of this season has me working in different jobs until I seem to kind of find a steadier job as a telemarketer for a company called Universal Cup that makes disposable beverage cups. And I have a very cute, interesting boss, which can prove to be a problem.

You have a new album out, Sentimental Journey, with songs from the mid-20th century.
It's an ongoing struggle and negotiation with my own brain, trying to figure out what project gets what amount of time. But I really wanted to make this record, which is kind of why I did it with my own money and then partnered with Warners to release it, because I've always loved this kind of music. This is all the music that I grew up with, so there were obvious ones that I wanted to put on, like Frank Sinatra's Summer Wind and Apple Blossom Time, and then there were others that kind of fell into my lap.

Hey, a man needs to finance his castle

With more than 30 years of work in film behind him, Jeremy Irons has an impressive average for what work he's proud of.

"I think I'm very happy that I've been a part of about 80 per cent of what I've done," Irons says. "The other 20 per cent I would not mention, certainly, because I would like them to disappear off the face of the universe. But at the time I must have done them for a reason."

His latest, Beautiful Creatures, finds Irons as the patriarch of a supernatural southern family, based on the best-selling young adult books series.

An 80 per cent success rate is a pretty fantastic average for an actor.
I've been lucky, yes. I think it's because I never chase the paycheques. I've always done the work that I was attracted to. I did a big project doing up an old medieval castle that was very expensive, and there were a couple of things during the middle of that where I just went off and earned some cash doing movies that I probably wouldn't have done normally.

For castle upkeep?
For castle building, yeah. It had been derelict since 1603, so there was a lot of work needed. But normally I do work that I rate, you know? And get paid more or less depending on what the budget is on the movie. So I suppose that's why the average is 80 per cent. It's harder for kids now, I think. When I started out in theatre, earning 12 pounds, 10 shillings a week ... I never became an actor to become rich or famous.

Exclusively online

Go online to hear Irons have a go at giving GPS directions, exclusively for Metro, at metronews.ca

You have a distinct voice. Do people ask you to record their voice mail messages?
Sometimes, yeah. It depends how well I know them, sometimes I'll do it. What I haven't done is sat-nav for a car. That would probably be quite interesting. I'm not sure I'd have the patience. I'd like to give it a bit of personality, though.

What's next?
Well, once I've got all these (movies) out, which should be about the end of February, I hope to have a break, because I've had a solid two years and I want to stop for a few months, maybe do a little bit of writing.
NED EHRBAR/METRO

Jeremy Irons CONTRIBUTED

The four-year-old that makes more than you

Angelina Jolie and Brad Pitt

Vivienne Jolie-Pitt, the four-year-old daughter of Angelina Jolie and Brad Pitt, is already earning some impressive cash. The toddler was reportedly paid $3,000 a week for a small role in her mom's upcoming film, Maleficent, according to contracts obtained by TMZ. The tot — whose twin brother, Knox, doesn't appear in the film — also received a per diem $60 for expenses each day she was on set. Older siblings Pax, 9, and Zahara, 8, also filmed cameos in the film, though it's unknown how much they earned.

Twitter

@msleamichele
Meetings, meetings, and mooooore meetings today!

@rosemcgowan
Just chipped my front tooth on a Charm pop. Oh, the irony. I look like I should be drinking moonshine.

@GarryShandling
I know how the Pope feels. It's exhausting.

@SteveMartinToGo
BREAKING NEWS: Donald Trump takes flattering photo.

Taylor Swift ALL PHOTOS GETTY IMAGES

Don't believe the rumours, Swift isn't chasing boys

Taylor Swift knows there are people out there talking about her love life, but she's doing her best to ignore it. "I'm sure if I looked up the latest Google alerts rumour it would say I'm chasing somebody who doesn't like me as much as I like him. People love that angle on me," Swift tells Elle magazine. "They're like, 'Oh Taylor, coming on too strong again, chasing boys.' I never chase boys. They don't like it!" And while her recent dig at ex Harry Styles at the Grammys might suggest otherwise, Swift insists she's not one to vent her anger. "I don't think I've ever yelled at an ex-boyfriend," she says. "Ever. I'm not a yeller. I'm not a fit-thrower. If something is done, it's done."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Meet Eau de Pizza Hut

Let's cut to the chase on this item: Pizza Hut has launched a promotional perfume called Eau de Pizza Hut.

The chain is giving away 24 bottles of the stuff. To get your own, send tweets to @PizzaHut with the hashtag "LastMinuteLovers." Each package also includes a $20 Pizza Hut gift card for Big Pizza Sliders or Lovers Pizza.

"The cologne has a slightly sweet base scent of freshly rising dough, but finishes decidedly savoury with hints of Italian spice like oregano, vine-ripened tomato sauce, the crispness of fresh-sliced vegetables and all wrapped by wafts of cheesy goodness," Ashlee Firsten of Aromachology, a custom perfumery in New York said in a press release.

"It's really a quite complex combination of aromas that results in the hunger-inducing smell of a fresh Pizza Hut pizza."

It also helps if the sniffer is drunk.

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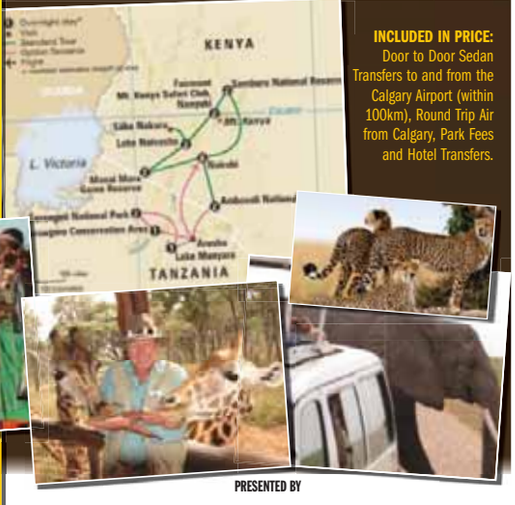

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5 Free things to do in Puerto Rico

There may have been a time when Puerto Rico was a cheap getaway but those days are long gone. Puerto Rico is heavily dependent on imported goods and fuel and that's reflected in prices from a taxi ride from the airport to the mojito at your hotel. But there are, of course, some cheap options. There are also things to do that don't cost anything at all. Here are five of them.

THE ASSOCIATED PRESS

ALL PHOTOS EXCEPT WHERE NOTED: THE ASSOCIATED PRESS

Beaches

There are plenty of beaches here — about 300 according to some estimates. In the capital, Isla Verde Beach is good for swimming and lolling on soft sand, groomed daily. Playita del Condado is a protected cove that is ideal for young kids and a surprisingly good place to snorkel for being in the middle of San Juan. Things get much better outside the capital. Crash Boat, about an hour west of San Juan, is great for swimming and snorkelling. Farther west in the west coast town of Rincon is Maria's, which has great surf.

El Yunque

About a half-hour drive from San Juan, thanks to a relatively new toll road, is an actual tropical rainforest, the only one that is part of the U.S. forest system. El Yunque National Forest is a cool oasis on a hot day. The well-maintained trails are often shrouded in misty clouds and you can cool off in a waterfall or a river pool along the relatively easy Big Tree Trail.

ANAIVETTE64/FLICKR

El Morro

There's an entrance fee to enter the Castillo San Felipe del Morro, but the best way to enjoy this U.S. National Historic Site requires no money at all. The fort that towers over San Juan Bay, known universally as just "El Morro," is a great place to stroll, especially at sunset. The massive rolling expanse of grass at the foot of the fort has spectacular views in any direction. It's a popular place to picnic and fly a kite, sold by nearby street vendors.

Old San Juan

At the foot of El Morro is the old city, the colonial heart of San Juan. In recent years, Old San Juan has been on an upswing. Its cobblestone streets are cleaner and livelier. New stores, restaurants and coffee shops have opened and many of the old homes have been restored. It's a working city, home to the governor's office and mansion — said to be the oldest in the western hemisphere — as well as other government offices and an increasing number of professional firms. It's also become an increasingly busy cruise ship port. Outlet and luxury goods shops have proliferated in response.

Music and Salsa

A good place to catch free live music several nights a week is the Plaza Mercado, a fruit and vegetable market in Santurce, a neighbourhood that is also home to what are considered some of the best restaurants in Puerto Rico. The lobby of the El San Juan in Isla Verde usually has live music and dancing on weekends. The bar of course isn't free but there's no charge to get in. The dancers can be intimidatingly good so the less-skilled may be content just to watch the scene. A number of restaurants and hotels also regularly advertise free salsa lessons.

CAMERA ON AUTOPILOT/FLICKR

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AURÉLIE RESCH
life@metronews.ca

Immerse yourself in the Moroccan way of life in Marrakech. SCOTT PRESLY/FLICKR

Marrakech — bustling hub of Moroccan tourism.

Not your idea of the perfect romantic destination?

The Riad Flam might change your perception.

Nestled in the very heart of the medina, Riad Flam boasts luxury and elegance behind its walls.

With only nine beautifully decorated bedrooms embracing a lovely patio with a fountain, this is the place to experience intimacy in a refined environment.

Dim lights, marble floor, four-poster bed and wooden furniture are your first step to your thousand-and-one nights romantic getaway.

The silence of the place will pleasantly surprise you as you return from shopping in the souks or markets. Slowly the mix of sounds you brought back from the Jemâa-El-Fna Plaza will dissolve in the faint murmur of the patio fountain. Any fatigue from your exploration of historic Marrakech will melt away while you unwind in your private hammam, or Turkish bath. Flam, the Riad's female owner, will perform the traditional hammam treatment that will leave you relaxed, rejuvenated and ready to taste local delicacies.

The choice is yours: eating on the terrace under a sky bright with stars or in the oriental-style living room. Local cuisine includes lamb tajines, vegetarian couscous, Moroccan salads, cinnamon and spices, dates and oranges.

Ready to embrace the day as the sun rises? Opt for a hot air balloon adventure before dawn and admire sunrise on the desert.

Ask Abdelai at the front desk to make arrangements with Maroc Montgolfière for this amazing three-hour experience.

If living the Arabic way of life is what you are looking for, get lost in the maze of souks and make your way back to Jemâa-El-Fna Plaza for sunset. From the rooftop of Café Glacier you will enjoy an unparalleled view of the famous Plaza and the city as the amber light colours the red facades of the houses.

As the day turns into night, the call for prayer will resonate in the entire city and the Jemâa-El-Fna Plaza will come to life with snake charmers, salesmen, acrobats and jugglers.

It won't be long until you surrender to the flurry of activity.

Back to your Riad nest, gazing at the stars, you will engrave the moment in your memory forever, happy you chose enchanting Morocco for your Valentine's Day.

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It's the perfect time for date night, wouldn't you agree?

Perfect with a glass of wine and a wedge of your favourite cheese, these crackers containing Medjool dates are a great savoury treat with a hint of sweetness.

Medjool dates, which have been called the "king of dates," are semi-soft and exceptionally large. They're carried year-round by major and mid-sized grocery chains across Canada.

1. Heat oven to 160 C (325 F). Line a baking sheet with parchment paper.

2. In a food processor, pulse pistachios until finely chopped. Add 125 ml (1/2 cup) of the flour and dates. Pulse until mixture resembles fine bread crumbs. Add olives and pulse until mixed. Add remaining flour, orange zest, salt, baking powder and pepper. Pulse until well mixed.

3. In a small bowl, whisk egg and set aside 15 ml (1 tbsp) of the beaten egg for glazing. Add remaining egg and olive oil to food processor. Pulse until mixture comes together.

4. Turn dough out onto lightly floured board and knead gently. Flatten into a disc and wrap in plastic wrap. Refrigerate until firm, 1 hour.

Ingredients

- 50 ml (1/4 cup) pistachios, shelled
- 250 ml (1 cup) all-purpose flour, divided
- 125 ml (1/2 cup) Medjool dates, pitted and chopped (5 to 6 dates)
- 50 ml (1/4 cup) kalamata olives, pitted and chopped
- 5 ml (1 tsp) orange zest
- 1 ml (1/4 tsp) salt
- 0.5 ml (1/8 tsp) baking powder
- 0.5 ml (1/8 tsp) black pepper
- 1 egg
- 30 ml (2 tbsp) olive oil

Medjool Date, Nut and Olive Crackers

This recipe makes about 12 crackers. THE CANADIAN PRESS H/O

5. Using lightly floured rolling pin, roll dough 5 mm (1/4 inch) thick. Cut into 6-cm (2 1/2-inch) rounds. Place on a prepared baking sheet. Brush tops with remaining beaten egg. Bake in centre of oven until golden brown, 22 mins.

6. Let cool on a rack. Store in an airtight container up to 3 days. **THE CANADIAN PRESS/ NATURAL DELIGHTS MEDJOOL DATES**

Drink of the Week

Amore Martini

There's just something seductive about a martini. Show your guests and sweethearts alike that you love them with this Amore Martini.

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- 2 oz Campari
- 1 oz SKYY Vodka
- 0.5 oz Passion fruit liqueur
- Dash of fresh lemon juice

Mix Campari, SKYY Vodka, passion fruit liqueur and dash of fresh lemon juice in a shaker filled with ice.

Shake and serve in a cocktail glass.

RECIPE AND PHOTO COURTESY OF SKYY VODKA

Tantalize guests with sweet ravioli filled with date compote

Probably unlike any ravioli you've ever tasted, these dessert ravioli melts in your mouth. The compote filling also makes a great addition for a tray containing cheese and crackers.

Medjool dates, substantially larger than the Deglet Noor variety, which is usually available dried, are a rich source of fibre, potassium and magnesium as well as being fat- and sodium-free. They taste sweet but contain only 66 calories each.

This recipe serves six. THE CANADIAN PRESS

1. Compote: In a saucepan, combine wine, sugar and honey and simmer over medium heat until sugar dissolves. Add cinnamon stick and dates, reduce heat to low and cook for 30 minutes, stirring occasionally. Let cool and remove cinnamon stick. Strain any excess liquid and transfer to food processor and process for 10 to 15 seconds to fine consistency.

2. Pastry: In a food processor fitted with a metal blade, whirl flour with salt for a few seconds until blended. Add cold butter and process until mixture has the texture of coarse crumbs. Add ice water and pulse a few more times. Turn mixture into a bowl and bring together with your hands. It should leave the bowl clean. Wrap in plastic and chill for 30 minutes.

3. Heat oven to 200 C (400 F). Line a baking sheet with parchment paper. Divide dough into 2 pieces, one slightly larger than the other. Turn dough out onto lightly floured surface and lightly flour rolling pin. Roll out the smaller piece into a 30-by-25-cm (12-by-10-inch) rectangle. Brush with some of the egg.

4. Starting 2.5 cm (1 inch) from a corner, place 5 ml (1 tsp) of compote every 5 cm (2 inches). You should have 30 dollops of compote. Roll out the larger piece into a 33-by-28-cm (13-by-11-inch) rectangle. Carefully place this larger sheet over the bottom sheet and compote. Gently press pastry to seal pockets around each dollop of compote.

5. Using sharp knife, cut pastry into 5-cm (2-inch) squares and seal edges with a fork, or use a ravioli mould. Make a small cut in the top of each ravioli and brush each with beaten egg.

6. Bake for 15 to 20 minutes or just until slightly golden brown. Let cool on a rack and dust with powdered sugar. Serve warm. **THE CANADIAN PRESS/ NATURAL DELIGHTS MEDJOOL DATES**

Ingredients

Medjool Date Compote
- 250 ml (1 cup) red wine (a bold and fruity wine is best)
- 50 ml (1/4 cup) sugar
- 30 ml (2 tbsp) honey
- 1 stick cinnamon
- 10 to 12 Medjool dates, pitted and quartered

Pastry
- 400 ml (1 2/3 cups) all-purpose flour
- Pinch salt
- 175 ml (3/4 cup) cold, unsalted butter, cut into chunks
- Ice water
- 1 egg, beaten
- Powdered sugar, for dusting

Dessert. Vanilla Date Balls

These little bites of decadence are the perfect balance of sweetness. Make them ahead and keep them in the refrigerator for tasty treats to serve after dinner to guests and family members.

1. Line a baking sheet with parchment or wax paper and set aside.

2. In a small saucepan, combine dates, orange juice, butter and brown sugar. Bring to a simmer over medium heat and cook, stirring, for about 12 minutes or until very soft and thickened. Stir in vanilla; set aside to cool completely.

3. Stir in cookie crumbs and coconut until well combined. Place sugar on a plate or in a shallow bowl. Using rounded 5-ml (1-tsp) measuring spoon, scoop out mixture and roll into ball. Roll ball in sugar until completely coated and place on prepared baking sheet. Repeat with remaining mixture.

4. Place in refrigerator for at least 2 hours or until set and firm. Package in single layers in airtight container or cookie tins and keep refrigerated for up to 3 weeks. **THE CANADIAN PRESS/NATURAL DELIGHTS MEDJOOL DATES**

Ingredients

- 250 ml (1 cup) Medjool dates, pitted and chopped
- 125 ml (1/2 cup) orange juice
- 50 ml (1/4 cup) butter
- 50 ml (1/4 cup) packed brown sugar
- 15 ml (1 tbsp) pure vanilla extract
- 375 ml (1 1/2 cups) chocolate cookie crumbs
- 125 ml (1/2 cup) sweetened flaked coconut
- 150 ml (2/3 cup) granulated sugar, for rolling

Find your footing with help from friends

Centre yourself.
Reap the rewards that come from using on-campus resources

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Career centres are there to help students find their way into the workforce, the next stage in their lives. ISTOCK

While many Aboriginal people reside in major cities today, there are still a significant number of First Nations, Métis and Inuit students who come from small, remote communities to attend college or university.

If they hope to successfully adjust to life in a larger city and maybe one day start their career there, it's important for these students — many of whom may be the first in their family to pursue post-secondary education — to build their networks starting from day one.

Take advantage of Aboriginal service and career centres

A number of universities have specialized career centres and services for their Aboriginal students. At the University of Regina's Aboriginal Career Centre, for instance, students can benefit from educational and career planning services, partnerships with local employers and the Aboriginal community and internship programs.

The University of Alberta's Aboriginal Student Services Centre (ASSC) is another example. Students have access to a range of programs and services at the ASSC: connections to Aboriginal traditions and culture, elder services, guidance, emotional support, funding for tutoring and workshops and volunteer opportunities.

"It comes down to the networking and connections," says Shana Dion, director at the ASSC. "A lot of the connections they have might be from back home and not from the urban setting. If we don't choose to go back home, what are other options?"

Meeting mentors

"A lot of the connections they have might be from back home and not from the urban setting. If we don't choose to go back home, what are other options?"

Shana Dion
Director at the University of Alberta's Aboriginal Student Services Centre

Know you're an asset

Many employers want new hires who come with relevant experience. While this is true, Dion says there are those who are willing to work with students who might not have that experience.

She advises Aboriginal students who are currently making the school-to-work transition to believe in themselves and know that they are of value to organizations.

"Somebody might not come with connections to so many communities, understanding protocols, knowing who elders are, knowing who community members are in certain areas where an industry might need to connect," Dion explains. "So if a student is from a certain area and chooses to work with a certain industry leader, maybe that industry leader works with that community. You have a connection already with that community. That's an asset. You know what I mean? They don't have to build that."

It's important to acknowledge that each person comes with unique past experiences, journeys, knowledge, skills and relationships which can be a benefit to any organization, says Dion.

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Student voice

On facing a fork in the internship road

Courtney Hardwick
Graduate
Bachelor of arts in English Language and Literature
University of Windsor

TalentEgg.ca

I always knew a BA in English wasn't going to make it easy to get a job, but I thought having a university degree would at least count for something. Turns out, not so much. I ended up going back to school and just recently finished a post-grad publishing program at Ryerson.

Even though I have focused in on the industry I want to work in, it has still been next to impossible to find a job. I have done two internships at publishing companies and although they were both amazing experiences, they don't seem to count for much either. I had one interview for an internship where they told me straight up that my time there would not lead to a job, so I shouldn't have any kind of expectations regarding that.

Now, I understand they are only telling me to be realistic, but it is still discouraging to hear that at an interview and it is depressing to think that all I will ever be able to find are an endless string of internships that pay next to nothing.

Which to choose?

"I am at a roadblock. Do I continue to do internships and hope eventually one will pay off? Or do I look for work elsewhere, just so I can make some money"

Courtney Hardwick

I am at a roadblock. Do I continue to do internships and hope eventually one will pay off? Or do I look for work elsewhere, just so I can make some money and actually start paying back that student loan that's lurking just past another six-month repayment assistance term?

What I'm doing now

I received a post-graduate certificate and it helped me get internships, but that's still not enough. I have done some volunteering as well. To pay the rent, I work in retail and I can't wait until the day I can quit and never look back.

My recommendations for employers, career centres and schools

Maybe the whole university model just needs an overhaul. What is the point in all the book learning if we never get any of the experience we need to actually get a job? Sure, I can write a comparative essay on The Great Gatsby and some obscure short story in one of my literature anthologies, but who cares?

I think every BA program should have a co-op or work study component, no matter what the focus is.

If I could go back, I would probably go to college instead, because the practical experience is so much more valuable than the book smarts.

My advice for other students and recent graduates

Anything you can do to get practical experience while you don't have to worry about rent/paying back student loans/bills, do it!

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Minnesota Wild Mikko Koivu, left, scores the winning goal on Calgary Flames goalie Leland Irving during overtime Monday in Calgary. The Flames are trying to determine if either Irving or Danny Taylor have what it takes to be retained as a backup next season. JEFF MCINTOSH/THE CANADIAN PRESS

Injury bug may be blessing in disguise

THE HOCKEY NEWS
Brian Costello
calgary@metronews.ca

On his way out

Even though the season is just 10 games old for the Flames and they're still very much in playoff contention, provided they have a good run, the days of Iginla as a go-to impact player are gone.

This nasty rash of injuries the Flames are experiencing lately can either be seen as a curse of bad fortune or a much-needed blessing in disguise.

For one thing, it will give the organization a chance to assess what it has in Leland Irving and Danny Taylor. With the injured Miikka Kiprusoff in the final inning or two of his career, it's important to determine if either Irving or Taylor have what it takes to be retained as a backup next season. If one of them looks capable, then maybe the Flames can trade Kipper to a contender at the trade deadline and the upstart backup can play 15 to 20 games behind new goalie Kari Ramo. If not, perhaps Kipper will be retained and Ramo is the backup.

The unfortunate signing of journeyman stopper Joey MacDonald, though, appears to put an emphasis on squeezing out a win here and there in what is fast becoming a lost season. That's just turning a blind eye on development. Imagine if Taylor — still just 26, improving and exceptionally solid in the AHL — gets claimed on waivers and eventually evolves into an NHLer? I'd really love to see Taylor play at least one game for the Flames this month. What's to lose? Another heartbreaker?

The injuries to Mike Cammalleri, Mikael Backlund and Sven Baertschi are also helping GM Jay Feaster identify what needs to be done prior to the trade deadline. Assuming the Flames continue to falter or play .500 ball and fall out of the playoff picture, the team can once and for all get serious about trading Jarome Iginla.

Even though the season is just 10 games old for the Flames and they're still very much in playoff contention, provided they have a good run, the days of Iginla as a go-to impact player are gone. He's lost a half step since last season and a step and a half from his prime. I can't remember the last time he's been dominant for an extended stretch. And the days of him having high market value on the trade front are down to less than 50 (the April 3 trade deadline to be precise). Sad as it is to say, re-upping Iggy for another three or four years and $6-plus million would be a monumental mistake.

CFL

Eskimos sign slotback to contract extension

The Edmonton Eskimos signed all-star slotback Fred Stamps to a contract extension Tuesday.

The deal will keep Stamps under contract with Edmonton through the 2014 season.

Stamps finished second in CFL receiving last season with 70 catches for 1,310 yards and nine TDs.

The six-year veteran has surpassed the 1,000-yard receiving plateau four straight years and been named a league all-star each time. THE CANADIAN PRESS

CFL

Argos acquire veteran receiver

Ricky Foley wants to return to the Toronto Argonauts, and the free agent defensive end says he offered to take a pay cut.

His future with the Grey Cup champions remains unclear, however, with the CFL free agent market set to open Friday at noon. Foley, running back Chad Kackert and defensive back Evan McCollough are all eligible.

"Obviously I want to stay with the Argos and play in my hometown, but this is a cold-hearted business and it's no longer up to me if I come back," said Foley, 30.

GM Jim Barker, dealing with a $4.35-million salary cap, signed his first big free agent on Tuesday — former Calgary receiver Romby Bryant. In five seasons, three with the Stamps and two with Winnipeg, the 33-year-old caught 210 passes for 3,025 yards and 22 touchdowns. Last season he had 55 receptions for 678 yards and two scores. TORSTAR NEWS SERVICE

Flames to be without Kipper for 2 more weeks

For the first time since he became a Calgary Flame almost a decade ago, Miikka Kiprusoff faces an extended absence from Calgary's net.

The 36-year-old goaltender, who has played 70-plus games for seven consecutive seasons, will be out of the lineup two more weeks in addition to the week he's already missed with a sprained knee ligament.

The loss of their workhorse comes at a difficult time for the Flames this lockout-shortened season. Tied for last in the Western Conference at 3-4-3, Calgary will play eight games before Kiprusoff can realistically be expected to rejoin the lineup.

"Kipper's not coming back for two more weeks," Flames general manager Jay Feaster said Tuesday. "There's an awful lot of time. We have a lot of games to play in the next two weeks."

The good news

Jay Feaster said forward Mike Cammalleri will play Wednesday against Dallas after sitting out three games with a hip flexor injury.

So Leland Irving has suddenly gone from Calgary's No. 3 goalie in the minors to NHL starter.

The 24-year-old, drafted in the first round by Calgary in 2006, played only six games for the AHL's Abbotsford Heat during the NHL lockout. But Irving beat out incumbent backup Henrik Karlsson for a job behind Kiprusoff at Calgary's training camp in January.

Irving's record is 1-1-1 since Kiprusoff was injured in the second period Feb. 5 in Detroit.

Kiprusoff's injury was initially diagnosed as a Grade 1 sprain of his medial collateral ligament. The franchise leader in games played and wins felt pain in his knee when he tested it Monday. His injury was upgraded to a "slight Grade 2 MCL sprain" following an MRI, said Feaster. THE CANADIAN PRESS

Miikka Kiprusoff is expected to be out for two more weeks with a sprained knee ligament. MIKE RIDEWOOD/GETTY IMAGES

Joey Bats thinking World Series

MLB. Two years after signing deal and being reassured of the Jays' direction, Bautista is leader of 'a contender'

"The sky's the limit."

Jose Bautista isn't given to mincing words or their meanings, at least not when it comes to assessing the Toronto Blue Jays and the chances for a playoff berth for the vastly retooled roster.

So when the two-time major-league home-run king lends phrases like "the sky's the limit," there's a definite weight to them, even though optimism is high in virtually every major-league city at this time of year.

"I know I've been on other teams and one that didn't have a chance (to be in the playoffs), but this is different, this is the best team I've been on in my career.... I don't see where it can go wrong for us," Bautista said Tuesday when pitchers and catchers were undergoing physicals in advance of Wednesday's first official reporting date for spring training.

Bautista's enthusiasm was buoyed by the massive, off-season retooling of the Jays that brought on proven major leaguers like pitchers R.A. Dickey, Josh Johnson and Mark Buehrle, as well as infielder Jose Reyes and outfield Melky Cabrera.

"If we do what we are all capable of, then it should come together for us, it will take care of itself," Bautista said. "We should be able to go to the playoffs and hopefully the World Series."

Bautista stood two years ago in the same place at the Flora Auto Exchange Stadium in Dunedin, having just signed a five-year contract extension. That new deal signalled the beginning of a change in responsibility for Bautista, who became the Jays' focal player back then, and is living up to that role now.

"When I first signed that deal I wasn't just counting on the young players to come through," said Bautista, who didn't sign the deal before gaining some measure of assurance from management regarding the club's direction.

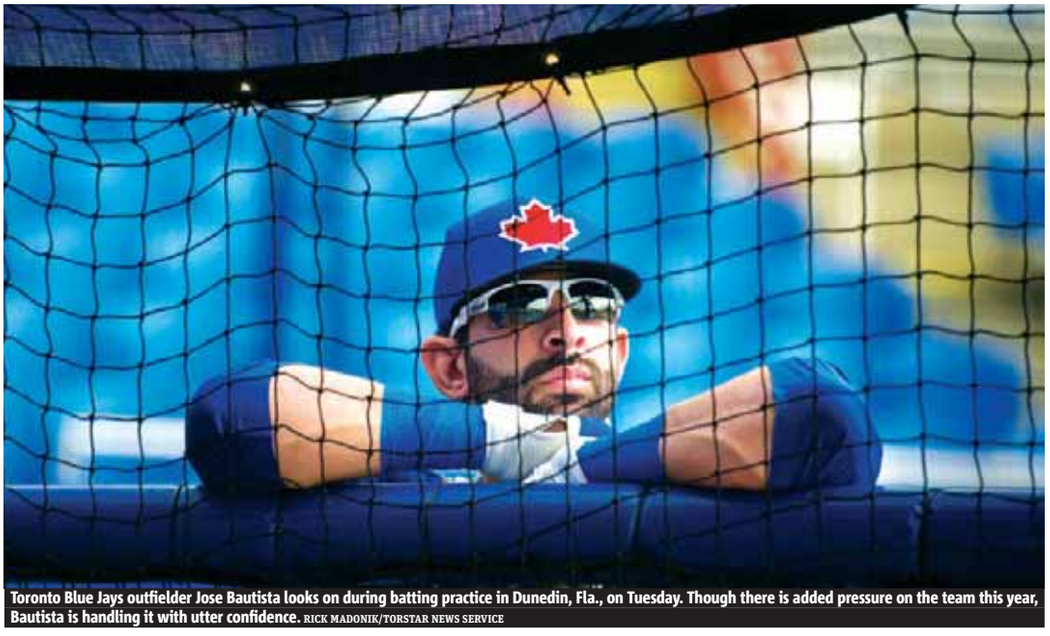
"I was counting on Alex (GM Anthopoulos) building a contender that could compete in a sustainable way for years to come. And he came through on his words."

TORSTAR NEWS SERVICE

Comeback trail

Bautista was limited to 92 games in 2012 because of a wrist injury that ultimately led to off-season surgery.

- "I've gone through the rehab and I can tell you it was tedious, but I worked my butt off in the gym and now I'm ready to get back on the field," he said.



Toronto Blue Jays outfielder Jose Bautista looks on during batting practice in Dunedin, Fla., on Tuesday. Though there is added pressure on the team this year, Bautista is handling it with utter confidence. RICK MADONIK/TORSTAR NEWS SERVICE

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
New Jersey	13	8	2	3	35	28	19
Pittsburgh	13	8	5	0	41	32	16
NY Rangers	12	7	5	0	33	30	14
Philadelphia	14	6	7	1	34	40	13
NY Islanders	12	4	7	1	36	43	9

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	11	8	1	2	32	25	18
Toronto	13	8	5	0	39	33	16
Ottawa	13	7	4	2	33	23	16
Montreal	12	7	4	1	35	33	15
Buffalo	14	5	8	1	39	48	11

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Carolina	12	7	4	1	38	36	15
Tampa Bay	12	6	5	1	46	36	13
Winnipeg	12	5	6	1	32	40	11
Florida	12	4	6	2	30	46	10
Washington	13	4	8	1	36	46	9

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	13	10	0	3	44	28	23
Nashville	13	6	3	4	25	26	16
Detroit	12	7	4	1	33	32	15
St. Louis	12	6	5	1	39	40	13
Columbus	13	4	7	2	30	41	10

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	11	7	2	2	33	24	16
Minnesota	12	6	5	1	26	30	13
Edmonton	13	5	5	3	29	34	13
Calgary	10	3	4	3	26	35	9
Colorado	11	4	6	1	23	29	9

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	12	9	2	1	42	33	19
San Jose	13	7	3	3	36	29	17
Dallas	13	7	5	1	30	29	15
Phoenix	13	6	5	2	35	35	14
Los Angeles	11	4	5	2	26	32	10

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Tuesday's results
Carolina 4 New Jersey 2
NY Rangers 4 Boston 3 (SO)
Montreal 4 Tampa Bay 3 (SO)
Ottawa 2 Buffalo 0
Washington 6 Florida 5 (OT)
Philadelphia 3 Winnipeg 2
Nashville 1 San Jose 0 (OT)
Anaheim 3 Chicago 2 (SO)
Dallas 4 Edmonton 1
Minnesota at Vancouver

Monday's results
Carolina 6 NY Islanders 4
Toronto 5 Philadelphia 2
Columbus 6 San Jose 2
Los Angeles 4 St. Louis 1
Phoenix 3 Colorado 2 (OT)
Minnesota 2 Calgary 1 (SO)

Thursday's games — All Times Eastern
Toronto at Carolina, 7 p.m.
NY Islanders at NY Rangers, 7 p.m.
Montreal at Florida, 7:30 p.m.
Washington at Tampa Bay, 7:30 p.m.
Phoenix at Nashville, 8 p.m.
Colorado at Minnesota, 8 p.m.

Friday's games
Pittsburgh at Winnipeg, 7 p.m.
Philadelphia at New Jersey, 7 p.m.
Boston at Buffalo, 7 p.m.
Anaheim at Detroit, 7:30 p.m.
San Jose at Chicago, 8:30 p.m.
St. Louis at Calgary, 9 p.m.
Dallas at Vancouver, 10 p.m.
Columbus at Los Angeles, 10:30 p.m.

SCORING LEADERS

	G	A	Pt
Vanek, Buf	11	12	23
Kane, Chi	9	10	19
Zetterberg, Det	5	13	18
Stamkos, TBL	7	10	17
Crosby, Phg	5	12	17
St. Louis, TBL	3	13	16
Malkin, Phg	3	13	16
Marleau, SJ	10	5	15
Clarkson, NJ	9	6	15
Tavares, NYI	7	8	15
Kunitz, Phg	6	9	15
Thornton, SJ	3	12	15
Staal, Car	8	6	14
Pominville, Buf	6	8	14
Pavelski, SJ	6	8	14
Ribeiro, Wash	4	10	14
Selanne, Ana	4	10	14
Elias, NJ	3	11	14
Moulson, NYI	6	7	13
Datsyuk, Det	5	8	13
Gagner, Edm	4	9	13
Koivu, Ana	4	9	13
Enstrom, Win	2	11	13
Shattenkirk, StL	1	12	13
Skinner, Car	7	5	12
Hossa, Chi	6	6	12
Toews, Chi	6	6	12
Couture, SJ	6	6	12
Lecavalier, TBL	5	7	12
Hodgson, Buf	5	7	12
Conacher, TBL	5	7	12

Not including last night's games

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	35	14	.714	—
New York	32	17	.653	3
Indiana	31	21	.596	5 1/2
Chicago	30	21	.588	6
Brooklyn	30	22	.577	6 1/2
Atlanta	28	22	.560	7 1/2
Boston	27	24	.529	9
Milwaukee	25	25	.500	10 1/2
Philadelphia	22	28	.440	13 1/2
Toronto	**20**	**32**	**.385**	**16 1/2**
Detroit	20	33	.377	17
Cleveland	16	36	.308	20 1/2
Washington	15	35	.300	20 1/2
Orlando	15	36	.294	21
Charlotte	12	39	.235	24

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	41	12	.774	—
Oklahoma City	39	13	.750	1 1/2
L.A. Clippers	37	17	.685	4 1/2
Memphis	33	18	.647	7
Denver	33	20	.623	8
Golden State	30	21	.588	10
Utah	29	24	.547	12
Houston	28	25	.528	13
Portland	25	27	.481	15 1/2
L.A. Lakers	24	28	.462	16 1/2
Dallas	22	29	.431	18
Minnesota	19	30	.388	20
Sacramento	19	34	.358	22
New Orleans	18	34	.346	22 1/2
Phoenix	17	35	.327	23 1/2

Note: division leaders ranked in top three positions regardless of winning percentage.

Tuesday's results
Toronto 109 Denver 108
Miami 117 Portland 104
Memphis 108 Sacramento 101
Utah 109 Oklahoma City 94
Houston at Golden State
Phoenix at L.A. Lakers

Wednesday's games — All Times Eastern
San Antonio at Cleveland, 7 p.m.
Charlotte at Indiana, 7 p.m.
Atlanta at Orlando, 7 p.m.
Denver at Brooklyn, 7:30 p.m.
Washington at Detroit, 7:30 p.m.
Chicago at Boston, 7:30 p.m.
Toronto at New York, 7:30 p.m.
Philadelphia at Milwaukee, 8 p.m.
Portland at New Orleans, 8 p.m.
Utah at Minnesota, 8 p.m.
Sacramento at Dallas, 8:30 p.m.
Houston at L.A. Clippers, 10:30 p.m.

Thursday's games
Miami at Oklahoma City, 8 p.m.
L.A. Clippers at L.A. Lakers, 10:30 p.m.

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Findings on the new Forester

ALL PHOTOS WHEELBASE

Review. Subaru's wonder wagon adds refinement plus a more satisfying right-foot workout.

MALCOLM GUNN
wheelbasemedia.com

You would think that after 15 years and three generations of Forester that Subaru would have concocted the ideal formula for its tallest tall wagon.

Actually this car-based conveyance has contained mostly all the right ingredients ever since its 1998-model-year launch and the fourth generation model arriving this spring is dishing up more of the same.

Through clockwork-regular updating, the Forester has evolved into a steady performer that treats its passengers well and totes their belongings with ease.

The Forester sits on a new platform that modestly stretches the distance between the front and rear wheels. That translates into a bit more rear legroom (up-level trims add a reclining rear seat), but a taller roofline and lower load floor adds about 10 per cent more cargo volume with the split-folding rear seat folded flat.

The cabin's more formal control-panel layout is trimmed in satin nickel and optional leather. Subaru's designers also increased the distance between the front seats and the dash to create a greater sense of spaciousness.

The Forester's only significant carryover item is the 2.5-litre four-cylinder engine (installed in 2.5i models) that generates 170 horsepower and 174 pound-feet of torque. For added punch, the 2.0XT uses a turbocharged version of the 2.0-litre four-cylinder in the BRZ sports coupe. Rated at 250 horsepower and 258 pound-feet of torque, it replaces the previous 2.5-litre turbo engine option that produced 224 horsepower and 226 pound-feet. The engine, which apparently won't fit into the BRZ, does show potential, however, for a future application.

The Forester's admirers likely won't be disappointed with this latest iteration's crisp styling, added performance and improved fuel efficiency.

Fuel economy

The 2.5 is estimated at 9.5 l/100 km in the city and 7.4 on the highway with the CVT, while the 2.0XT's estimate is 10.2/8.4. These values improve on the previous-generation's base and optional power trains.

2014 Subaru Forester

- **Type.** Four-door, all-wheel-drive compact wagon
- **Engine (hp).** 2.4-litre DOHC H4 (170); 2.0-litre DOHC H4, turbocharged (250)
- **Transmissions.** Six-speed manual; continuously variable with opt. paddle shifters
- **Base price (incl. destination).** $28,550

The base engine is thrifty and has enough power for most situations. The turbo option is our choice.

Design

The bolder, brawnier styling displays more curves and angles than before. The blacked-out lower body cladding featured on all models ties in nicely with the more expressive mesh-style grille, flat-black bumper and attractively shaped side air intakes featured on up-level turbo models.

Transmission

The 2.5i offers a six-speed manual transmission, or a continuously variable (CVT) option. The 2.0XT only comes with the CVT, but it comes with what Subaru calls its "engine performance management system" with Intelligent, Sport and Sport Sharp settings.

What's not to like about room for five and good fuel economy?

When the need arises, the vehicle's four-wheel drive mountain-goat capabilities make it a popular choice.

Subaru interiors are straightforward. Compared to previous Foresters, this is actually quite an upgrade.

By comparison

1 Ford Escape
Base price: $23,150

2 Hyundai Tucson
Base price: $21,800

3 Honda CR-V
Base price: $27,600

5 DRIVE

With accessories approved, your Lucerne won't let you down

Second Gear.
2006-2010
Buick Lucerne

JUSTIN PRITCHARD
Drive@metronews.ca

HANDOUT

From 2006 to 2010, the Lucerne topped Buick's model range as an attainable luxury sedan with a whisper-quiet ride, front-wheel drive confidence and available V8 power. In the used market, Lucerne is a cost-effective way to access a taste of the motoring high-life — American style.

Feature content includes leather seating, OnStar, automatic lights, automatic climate control and plenty more. Expect room for four or five adults and a generous trunk.

Common Issues

A thorough check of all accessories is a must, and shoppers should pay extra attention to the climate control system, air conditioner, OnStar system and stereo. Listen for and identify any clunking or "popping" sounds from the suspension and steering on your test drive, which could indicate a worn-out component. The long-lived and robust 3.8 litre V6 engine had been in GM's powertrain lineup for decades, and it amounts to a solid performer. Unless you're a speed freak, this engine is an advisable bet since it's largely proven itself to be mechanically bulletproof albeit for some issues caused by leaky gaskets. Have the Lucerne you're considering checked for signs of this problem by a GM mechanic. Check for signs of moisture or water damage in the trunk, ensure the keyless entry system works as expected and have the underside of the 4.6 litre V8, if equipped, checked for signs of oil leakage.

Engine

A 3.8 litre V6 generated around 200 horsepower, while a 3.9 litre, 227-horsepwoer V6 was available. A 4.6 litre Northstar V8 engine could be specified, putting 275 or 292 horsepower on tap depending on the year.

What owners like

Ride quality, comfort, noise levels and an overall luxurious, relaxing experience are reported by most owners. Performance is considered more than adequate, especially with the V8.

What owners dislike

Somewhat hefty fuel consumption and a "soft" suspension, which limits the Lucerne's fun-to-drive factor, are among the most common complaints.

Verdict

Opt for as new a model as your budget will allow — sticking with the 3.8 litre engine where possible. A lower-mileage unit with factory warranty remaining will add further confidence.

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OKOTOKS HONDA 100 Northgate Blvd 403 847 1100
AIRDRIE HONDA 2971 Main Street SW 403 945 8808

HONDA
HondaAlberta.ca

[1]Limited time lease offers based on new 2012 Honda models. Lease examples based on a new 2012 Civic LX, model FB2E4CEX, available through Honda Financial Services on approved credit. 0.99% lease APR for 48 months. Monthly payment, including freight and PDI, is $238.00. Down payment of $0, environmental fees, $0 security deposit and first monthly payment due at lease inception. Total lease obligation is $11,424.00. Taxes, license, insurance, environmental fees and registration are extra. 96,000 kilometre allowance, charge of $0.12/km for excess kilometres. Retailer may lease for less. Retailer order/trade may be necessary. †MSRP is $19,235.00 for a new 2012 Civic LX, model FB2E4CEX, and includes $1,495.00 freight and PDI. Taxes, license, insurance, environmental fees and registration are extra. Retailer may sell for less. Retailer order/trade may be necessary. ††90 Payments for 90 days payment deferral is only applicable to purchase financing offers (O.A.C) on all new 2012 and 2013 Honda models, purchased and delivered before February 28, 2013. A/D/L*. Offers valid from February 1, 2013 through February 28, 2013 at participating Honda retailers. Offers valid only for Alberta residents at Honda Dealers of Alberta. Offers subject to change or cancellation without notice. Offers subject to change or cancellation without notice. Visit HondaAlberta.ca or see your Honda retailer for full details.

The electric car of Cadillacs

Toronto Auto Show. ELR to join Volt and Karma in Extended Range Electric Vehicle territory

AUTO PILOT
Mike Goetz
drive@metronews.ca

The 2014 Cadillac ELR is focusing on making the driver look good. HANDOUT

The 2014 Cadillac ELR is one of the cooler-looking brand-new production cars taking the stage at this week's auto show in Toronto.

It also makes GM a pioneer of sorts. Not like the folks on Little House on the Prairie, looking for really nice farming dirt. More like Thomas Edison, looking for new things that can be powered by electricity.

The Cadillac ELR is slated to start production late this year for an early 2014 on-sale date. That's when we'll find out if luxury buyers, already willing to pay a premium for a luxury ride and all it entails, are also willing to pay a bit extra for an electric powertrain.

Technically the ELR is not a pure electric vehicle. Like the Chevrolet Volt, it has an electric motor and an internal combustion engine, the latter used primarily for re-charging the ELR's battery so the vehicle is always "electrically" driven. You can also recharge it by plugging it in. Officially, GM calls it an Extended Range Electric Vehicle.

The only other extended range electric vehicles currently on the market would be the $42,000 Chevrolet Volt and the $100,000-plus Fisker Karma. A little too conveniently, all GM would say about ELR's projected price is that it would be more than Volt, less than Karma.

Cadillac is figuring, like Fisker and some others, that electricity is high-tech and desirable. But the styling of the ELR screams non-electric. You could very easily imagine it to be powered by something like a high-output V6.

The ELR is longer than the Cadillac ATS, but only offers the part-time rear seating area of a 2+2. The focus is clearly on the driver and making him or her feel good and look good.

While it has the same 1.4-litre "four" as Volt, and the same battery and electric motor set-up, it has slightly more power, due to new "battery discharge" software programming learned from Volt's first years on the road.

Handling should be several degrees better than Volt, due to a more advanced chassis, featuring 20-inch tires, a wide track, many aluminum pieces and a Watts Z-link rear suspension.

Among the many new and novel bits to ELR is Regen on Demand. When you need to slow down or come to a stop, you could use your brake pedal as usual, or you could engage Regen on Demand via paddle levers on the steering wheel. The experience is not unlike downshifting early on a manual transmission car. It's basic regenerative braking, as happens in all hybrid and EVs, but in Regen on Demand mode it does it with a lot more feeling, and a lot more electricity going back into the battery. Also neat is the system that allows drivers to select four driving modes: Sport — let's boogie; Tour — default setting; Mountain — gas engine actually provides some assistance to the electric motor; Hold — keeps your battery charge for when it might be more useful and efficient, like when you get to stop-and-go city traffic after a long commute.

It will be fun over the next few years, watching electric powertrains migrate to luxury segments, with more opportunity for styling and engineering advancements and experimentation. Let the pioneering games begin.

Details

Bullet Pointing the ELR:

- **EV range.** 56 km
- **EV plus gas range.** 480 km
- **Torque.** 298 lb-ft
- **Top speed.** 160 km/h
- **Looks.** Killer

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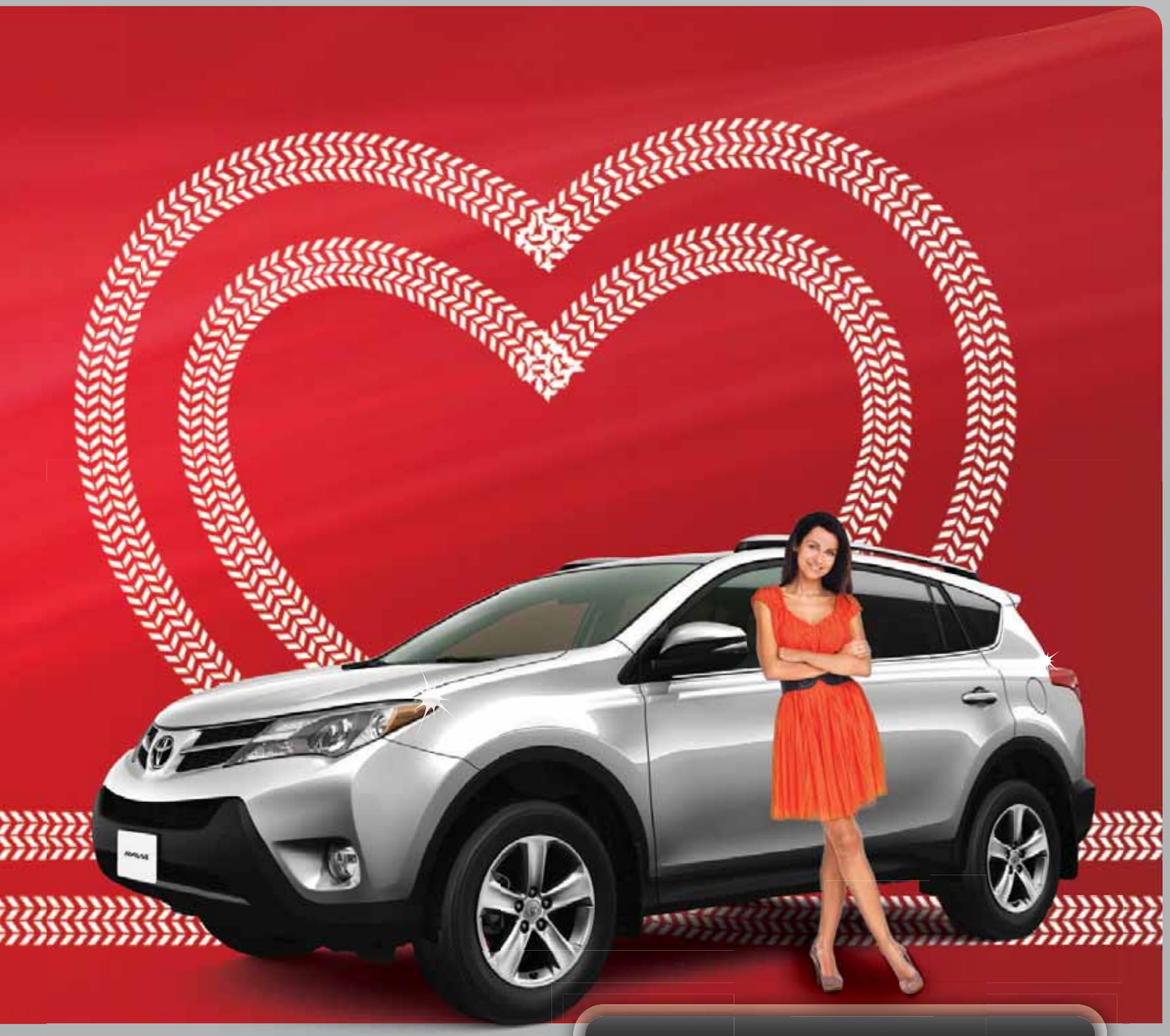

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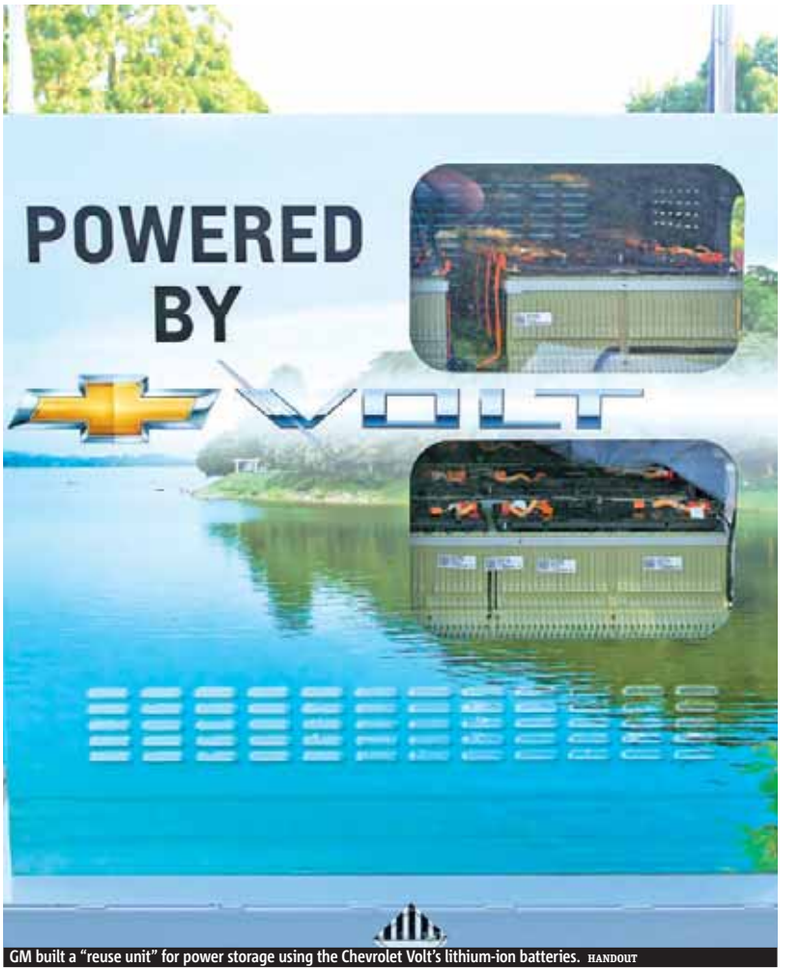


GM built a "reuse unit" for power storage using the Chevrolet Volt's lithium-ion batteries. HANDOUT

'Second life' coming

Driving Force. Discarded electric car batteries may one day power homes and commercial spaces

JIL MCINTOSH
drive@metronews.ca

Electric vehicles may point the way toward the future of mobility, but they're not without their issues. One of these is what to do with their batteries when the car is finally at the end of its life.

Several companies are working on solutions, including General Motors, which has demonstrated a "reuse unit" for power storage using the Chevrolet Volt's lithium-ion batteries.

"This is a secondary-use application and it's one of the ways we're looking into extending the battery's useful life," says Peter Karlson, engineering specialist for General Motors of Canada.

Although the unit was demonstrated in California, it was built at GM's research and development centre in Oshawa, Ont.

The average lifespan of any car is around 10 years, but at that point, the Volt's battery is expected to still have about 70 per cent of its capacity intact. Rather than send the batteries for recycling with that much left in them, researchers are putting them into units that will store electricity, whether from the power grid, solar or wind power, and then make it available during power outages or expensive peak hours.

The GM prototype was demonstrated by running lights and equipment in an off-grid structure, with all of the power coming from the Volt batteries inside of it. The company says the power produced was the equivalent needed to run three to five average homes for two hours. Researchers are now working on installing the system on the electrical grid, where they will monitor "smart grid" applications where the unit can be integrated to store and supply power for homes and commercial use.

"This particular unit we're working on is more targeted to the utility companies, allowing them to deliver power at higher quality and at lower cost to their customers," Karlson says. "From the onset of the Volt, people have been concerned about what will happen with all of these batteries. They won't go to landfills and we're delaying their recycling."

The company says it doesn't expect electric car batteries to start being returned for at least a decade, but is working proactively to have solutions in place once they do.

The future of lithium

Recycling lithium is currently far more expensive than mining it

- Numerous companies are working on solutions to bring down the price, so that batteries can be effectively recycled following secondary uses.
- Electric car batteries may one day be used in individual storage units, installed in houses to store power from on-site solar panels.

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
There is tension in the air. Anything can happen at any moment. Go where your heart leads you today and don't worry about the consequences. It's OK to take a few risks. In fact, it's good for you.

♉ Taurus
April 21 - May 21
What happens today will take you by surprise, most likely because you have been fearing the worst. Could it be you were too negative in your evaluation of the situation? Of course. But now you know better.

♊ Gemini
May 22 - June 21
Make sure you keep an eye on what partners and loved ones and work colleagues are up to today. Above all, don't let them sign you up for anything you are not 100 per cent convinced is good for you.

♋ Cancer
June 22 - July 23
Each sign is born with its own special talent and yours is your ability to sense what other people are feeling. Use that talent today to find out why someone you love feels under the weather then cheer them up.

♌ Leo
July 24 - Aug. 23
You can do no wrong at the moment, but that does not mean you have permission to do what you know is very wrong indeed! Yes, you can push the envelope, a little, but don't push your luck too far.

♍ Virgo
Aug. 24 - Sept. 23
Lay down the law and make sure everyone you have dealings with knows what is expected of them. Things have been a bit sloppy of late, so get your act together and make sure those around you do likewise.

♎ Libra
Sept. 24 - Oct. 23
There may be some major upheavals today but the Sun in Aquarius has you covered, so you don't have to worry too much. Other people may be a bit negative though, so watch out for harmful emotions.

♏ Scorpio
Oct. 24 - Nov. 22
If there is a social or career opportunity you would like to take advantage of then go for it — now, this very moment. The longer you sit there thinking about it, the more likely it is you'll miss out.

♐ Sagittarius
Nov. 23 - Dec. 21
You can go anywhere. You can do anything. You are the master of your own destiny in every conceivable way. You find that hard to believe? Well, start believing it because it's absolutely true. Never doubt yourself.

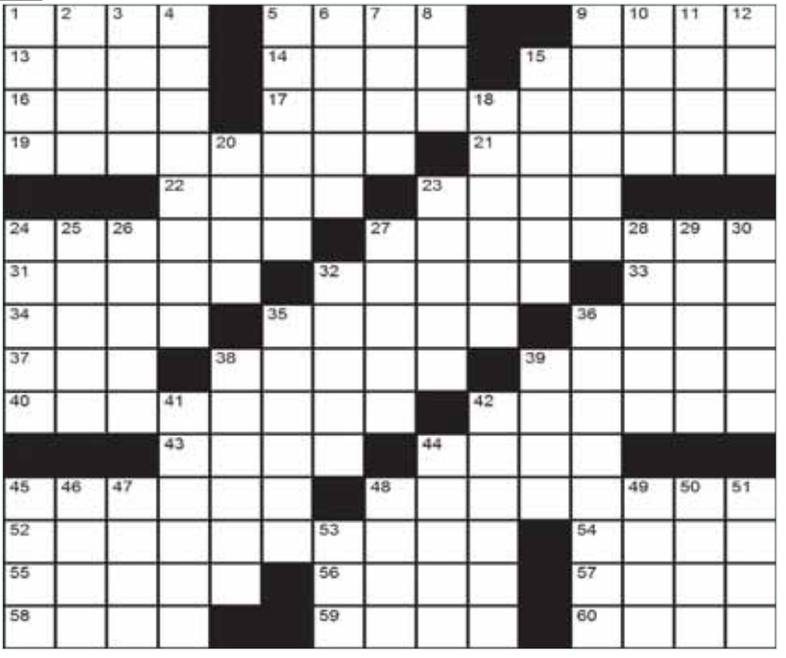
♑ Capricorn
Dec. 22 - Jan. 20
You need to go on the offensive today. You need to make sure your rivals understand that you will not just stand there and take what they choose to give you. You're the one with the talent, so you do the choosing.

♒ Aquarius
Jan. 21 - Feb. 19
You know instinctively when other people are lying to you, and that ability will come in handy over the next 24 hours. You don't have to let them know you are on to them though, at least not yet.

♓ Pisces
Feb. 20 - March 20
Someone in authority seems to be asking a lot of you at the moment but there is a good reason for it, and an even better reason why you should play along. Maybe they are testing you for future promotion! SALLY BROMPTON

Crossword: Canada Across and Down

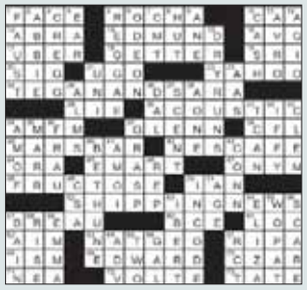
BY KELLY ANN BUCHANAN



Across
1. __ wash jeans
5. Slang for coffee
9. Comprehend
13. Memo
14. Adam and Eve's grandson
15. Spring flower
16. "_ __ Rock and Roll Music" by Peter, Paul and Mary
17. Canadian activist whose achievements include the Man In Motion World Tour: 2 wds.
19. Our national summer sport
21. Canadian filmmaker Atom
22. Pulitzer-winning writer James
23. Highbrow
24. Toronto concert venue, __ Hall
27. Canadian rap star, __ Offishall
31. Surface
32. "etalk" anchor Ms. Kim
33. Ginger __
34. Cooper car
35. Makes text thicker-looking
36. Take part
37. Ms. Ryan
38. Austin's state
39. Was angry
40. Margaret Atwood bestseller, The Blind __
42. "Beyond the Sea" singer Bobby, and others
43. Shabby __ (Interior design style)
44. Greek cheese
45. Tranquil
48. "__ Development"
52. Yes or No voting event in Quebec in 1980 and 1995
54. Positive
55. Apprehensive feeling
56. Crossword rendering of a bear's scratch-on-a-tree
57. Nile wader
58. __ Scale
59. Musical based on the work of T.S. Eliot
60. Wine holder

Down
1. Indigo dye source
2. Finale, in music
3. Suffix to 'Arthr'
4. Teen drama TV series
5. Football player's numbered top
6. Fennel-like flavour
7. Viva __ (Word-of-mouth)
8. Inquire
9. Obi-Wan __
10. Meddlesome [var. sp.]
11. Vitamins brand, __ _ Day
12. Las Vegas resorts mogul, Steve __
15. Tiered temple
18. Mr. Fonda's
20. S-shaped moulding
23. Alberta's Oil __
24. ABBA musical, __ Mia!
25. Ram's sign
26. Performs a tune
27. "Canadian Idol" Season 2 winner Mr. Porter
28. Ms. Campbell
29. 1979 Sigourney Weaver sci-fi movie
30. Loans
32. Britney Spears hit
35. Next to
36. "__ Park" (1993)
38. Vacation souvenir to wear
39. Destiny
41. Showbiz news show, "__ Hollywood"
42. Skin layer
44. Kiwi __
45. Stroller, in Britain
46. Letterman's rival
47. Kabul, __.
48. 1998 Sarah McLachlan hit
49. Marching band instrument
50. Greek goddess of discord
51. Office table
53. Ms. Kidman, to pals

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

6		9				5		
	1	3		4	9	2		
	7		2		5		1	
1	9		3				6	
			9	7	6			
	8				4		2	9
	6		4		7		5	
		5	8	1		6	9	
		8				1		2

Yesterday's Sudoku

9	8	1	6	4	7	3	5	2
4	2	3	8	1	5	6	7	9
6	7	5	9	2	3	1	8	4
8	3	6	2	5	4	9	1	7
1	5	9	3	7	8	4	2	6
2	4	7	1	9	6	8	3	5
5	6	8	4	3	2	7	9	1
3	9	2	7	6	1	5	4	8
7	1	4	5	8	9	2	6	3

Weather

BT BREAKFAST TELEVISION

ANDREW SCHULTZ
METEOROLOGIST
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta".
WEEKDAYS 5:30 AM

TODAY	THURSDAY	FRIDAY
MAX: 1° MIN: -1°	MAX: -4° MIN: -12°	MAX: 6° MIN: -9°

GOD'S PROMISE
In my union with Jesus Christ, God has blessed me by giving me every spiritual blessing in the heavenly world.
(Ephesians 1:3)
HISPROMISES.ORG | @HISPROMISES4ME

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